

## **Pectoralis Major Repair**

**Precautions:** No contact sports or bench press until 6 months post-op; No elbow flexion past 90 degrees

### **Phase I (0 – 6 weeks post-op)**

- Goals: Pain control and protection
- Sling:
  - 0-2 weeks: Worn continuously except for hygiene & HEP
  - 2-6 weeks: Worn daytime only
- PROM:
  - Week 1: flexion 0-90
  - Week 2: flexion 0-100
  - Week 3-4: flexion 0-115, abd to 45 degrees
  - Week 5-6: flexion 0-160, IR to 75 @45 deg abd, ER 25-30 @45 deg abd
- Exercises:
  - 0-2 weeks: Elbow/wrist, grip strengthening, sub-max pain free isometrics – NO IR
  - 2-6 weeks: PROM as above, Pendulums, Posterior capsule mobilizations, \*avoid stretching the anterior capsule
  - Weeks 3-4: Initiate AROM full can, abduction, prone rows, rhythmic stabilization
  - Weeks 5-6 Isometric sub-max IR

### **Phase II (6 weeks – 12 weeks post-op)**

- Goals: Avoid scapular dysfunction
- Sling: Discharge at 6 weeks
- ROM:
  - PROM to tolerance
  - Begin A/AAROM
  - Week 8: Flexion to 170, Abduction to 120, ER to 45, IR to 70 @90 deg abd
  - Week 10: Full flexion, ER to 90 @90 deg abd
- Exercises:
  - Continue with wrist/elbow AROM & grip strengthening
  - Begin AAROM exercises

- Initiate closed chain scapular exercises
- Begin resistive exercises for scapular stabilizers, biceps, triceps, & rotator cuff
  - Use exercise arcs that protect the anterior capsule
  - Keep all strengthening exercises below the horizontal plane
- At 8 weeks, begin deltoid & rotator cuff isometrics
- NO resisted IR/adduction

### **Phase III (12 weeks – 16 weeks post-op)**

- Sling: None. Discharge at 6 weeks post-op
- ROM: Gradual return to full AROM
- Exercises:
  - Advance exercises from phase II
  - Begin UBE
  - Emphasize ER & lat eccentrics and GH stabilization
  - At 12 weeks, begin cycling & running
  - At 16 weeks, begin planks & push-ups

### **Phase IV (4 months – 5 months post-op)**

- ROM:
  - Full & pain-free ROM
- Exercises:
  - Aggressive scapular stabilization & eccentric strengthening
  - Begin plyometric & throwing/racquet program
  - Continue endurance activities
  - Maintain ROM & flexibility

### **Phase V (5 months – 7 months post-op)**

- Full ROM & pain-free
- Exercises:
  - Progress phase IV activities
  - Return to full activities as tolerated & per physician release



Adapted From:

- 1) Pectoralis major repair. William Beaumont Army Medical Center. El Paso, TX: 2008.
- 2) Brian Cole, MD, MBA Pec Major Tendon Repair/Rehabilitation Protocol. Midwest Orthopedics at Rush Chicago.
- 3) Open Pectoralis Major Repair, Advanced Continuing Education Institute, LLC, Levin Wilks, 2019
- 4) Pectoralis major tendon repair clinical practice guideline. The Ohio State University- Wexner Medical Center. Salisbury, Mitch. 11-15-2020.
- 5) Pec muscle repair. UW Health Sports Rehabilitation Guidelines. UW Health Sports Medicine Group. 2019.