**Pectoralis Major Repair Post-Operative**

**Rehabilitation Protocol**

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**Phase I ‐Protect Repair**

**Weeks 0 –2**

**Goals**

Pain control

Protect repair

* Shoulder sling/immobilizer for 6 weeks
* Elbow / wrist / hand AROM exercises, shoulder in neutral position
* Stationary bicycle, with shoulder sling on

**Weeks 2 –4**

**Goals**

Pain control

Protect repair

* Continue shoulder sling/immobilizer for 6 weeks
* Continue previous exercises
* Pendulum shoulder exercises

**Phase II – Range of Motion**

**Weeks 4 –6**

**Goals**

Supine PROM flexion to 90°

Protect repair

* Continue shoulder sling/immobilizer for 6 weeks
* Continue previous exercises
* PROM and supine AAROM forward flexion up to 90°, with arm in adduction
* Shoulder shrugs, scapular retraction, no resistance

**Weeks 6 –8**

**Goals**

AROM flexion to 120°, abduction to 90°

* Discontinue sling / immobilizer
* Continue previous exercises
* AAROM
* Flexion > 90°
* Abduction and external rotation to tolerance
* Internal rotation and extension, arm behind back
* Submaximal isometrics
* Treadmill walking
* Elliptical trainer without arm motion component, lower extremity only

**Phase III – Early strengthening**

**Weeks 8 –12**

**Goals**

Full AROM

* Continue previous exercises
* AROM, AAROM through full motion
* Light theraband exercises for external rotation, abduction, extension
* Biceps / tricep PRE
* Prone scapular retraction exercises, no weights
* Standing wall push‐ups, no elbow flexion >90°
* Elliptical trainer, upper and lower extremities

**Months 3 –4**

**Goals**

Begin light strengthening

* Continue previous exercises
* Full ROM
* Light theraband exercises ‐add internal rotation, adduction, flexion
* Push‐up progression – wall → table → chair, no elbow flexion >90°
* **Very light** resistive weight training, no pect flies, bench press or pull downs
* No elbow flexion >90°
* Seated rows
* Single arm pulleys/cables for internal rotation, forward elevation, adduction
* Rotator cuff and periscapular
* Treadmill running
* Ball toss with arm at side, light weight

**Phase IV – Advanced strengthening**

**Months 4 –6**

**Goals**

Maintain pain free full ROM

Advance strengthening

Gradual return to functional activities

* Continue previous exercises with increasing resistance
* Overhead ball toss
* Full running program
* Swimming
* Weight training with increasing resistance
* No bench press
* May start pull downs and pect flies with light resistance only

**Phase V – Return to full activity**

**Months 6+**

**Goals**

Maintain pain free full ROM

Gradual return to recreational sports and/or strenuous work activities

* Full activities as tolerated
* Continue previous exercises with increasing weight / resistance
* May perform bench press, light weight and high repetition
* Advance weight as tolerated
* Recommend indefinitely avoiding high weight, low repetition