

## **Pectoralis Major Repair**

**Precautions:** Until 12 weeks post-op, NO PROM; No contact sports or bench press until 6 months post-op; No elbow flexion past 90 degrees

### **Phase I (1 – 5 days post-op)**

- *Goals:* Pain control and protection
- Sling: Until 6 weeks post-op, worn at all times, even when sleeping
- ROM: Elbow, wrist, and hand AROM with shoulder in neutral position at side
- Exercises: Stationary bike- must wear immobilizer

### **Phase II (5 days – 4 weeks post-op)**

- *Goals:* Pain control and protection
- Sling: Until 6 weeks post-op, worn at all times, even when sleeping
- ROM:
  - Continue phase I
  - Supported pendulum exercises
- Strengthening:
  - Elbow/wrist
    - Less than 5 pounds
    - Shoulder in neutral

### **Phase III (4 weeks – 10 weeks post-op)**

- Sling: At 6 weeks post-op, D/C
- ROM:
  - Continue phase I and II
  - Beginning at 5 weeks post-op:
    - AAROM supine with cane-flexion to 90 degrees
  - Beginning at 6 weeks post-op:
    - *Goals:* Supine AAROM flexion to 90 degrees
    - Until 12 weeks post-op, NO PROM
    - Shoulder shrugs, scapular retraction without resistance
  - Beginning at 6-8 weeks post-op:
    - *Goals:* AROM flexion to 120 degrees; Abduction to 90 degrees
    - AAROM: pulleys, supine, wall climb in pain-free limits
    - Flexion >90 degrees
    - Abduction and ER within tolerable range
    - IR and Extension (cane behind back)



- Strengthening:
  - Isometrics:
    - Until 6 weeks, 1-2 fingers, x6 repetitions
    - 6-8 weeks, Submaximal (continue 2 fingers for IR)
- Exercises:
  - Elliptical trainer: LE only
  - Treadmill: Walking progression program

#### **Phase IV (10+ weeks post-op)**

- ROM:
  - Until 12 weeks post-op, NO PROM
  - AROM/AAROM through full range
- Strengthening:
  - Bicep and tricep PREs; NO ELBOW FLEXION PAST 90 DEGREES
  - Prone scapular retractions
  - Body blade
  - BAPS on hands
  - Ball on wall (alphabet, circles)
  - Wall pushups; NO ELBOW FLEXION PAST 90 DEGREES
  - Light theraband shoulder ER, Abduction, and Extension
    - After 12 weeks post-op, add IR, Adduction, and Flexion

#### **Months 3-4**

- Full ROM
- Strengthening:
  - Push up progression: wall – table – chair; NO ELBOW FLEXION PAST 90 DEGREES
  - Very light resistive weight training
  - No pec flies, bench press, or pull downs
  - NO ELBOW FLEXION PAST 90 DEGREES
  - Seated rows
  - Rotator cuff and periscapular strengthening
  - Ball toss with arms at side, light weight

#### **Months 4-6**

- Overhead ball toss
- No bench press
- May start pull downs and pec flies with light resistance only



### **6+ Months**

- May perform bench press- light weight, high repetition
  - Recommended indefinitely avoiding high weight, low repetition
- Until 6 months post-op, no contact sports

Adapted From:

- 1) Pectoralis major repair. William Beaumont Army Medical Center. El Paso, TX: 2008.