

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.