

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 (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
- ROM:
 - 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)

- 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 AAOM 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