

Pectoralis Major Repair

Precautions:

- For 6 weeks, no PROM, unless otherwise stated by surgeon
- No contact sports or bench press until 6 months post-op

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
- Exercises:
 - 0-2 weeks: Elbow/wrist, grip strengthening
 - 2-6 weeks: Pendulums, Scapular PNFs, Posterior capsule mobilizations, *avoid stretching the anterior capsule

Phase II (6 weeks – 12 weeks post-op)

- Goals: Avoid scapular dysfunction
- Sling: Discharge at 6 weeks
- ROM:
 - PROM
 - 6-8 weeks:
 - Flexion 0-120
 - Abduction to 90
 - ER to 30
 - IR to 75 at 45* abduction
 - 8-12 weeks:
 - Flexion 0-160
 - Abduction as tolerated
 - ER at 90 at 90* abduction
 - At 6 weeks, may begin AAROM
 - At 7 weeks, may begin AROM
- Exercises:
 - Continue with wrist/elbow AROM & grip strengthening
 - Initiate closed chain scapular exercises

- At 8 weeks, begin deltoid and rotator cuff isometrics, but NO IR
- At 10 weeks, 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
- NO resisted IR/adduction

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

- ROM: Gradual return to full AROM
- Exercises:
 - Advance exercises from phase II
 - Begin UBE
 - Wall push-ups, avoiding shoulder extension
 - Emphasize ER & lat eccentrics and GH stabilization
 - At 12 weeks:
 - Begin sub-maximal IR, starting in muscle shortened position and slowly increase to lengthened position
 - 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