# PECTORALIS MAJOR REPAIR
## POST-SURGICAL REHABILITATION PROTOCOL

### POST-OP DAYS 1 – 14
- Shoulder Immobilizer x 6 weeks – Even while sleeping
  - Place pillow under shoulder / arm while sleeping for comfort
- Hand squeezing exercises
- Elbow and wrist active motion (AROM) with shoulder in neutral position at side
- Stationary bike (must wear immobilizer)

#### GOALS
- Pain control
- Protection

### WEEKS 2 – 4
- Continue immobilizer x 6 weeks
- Continue appropriate previous exercises
- Supported pendulum exercises
- Resisted elbow / wrist exercises with light dumbbell (< 5#), shoulder in neutral

#### GOALS
- Pain control
- Protection

### WEEKS 4 – 6
- Continue immobilizer x 6 weeks
- Continue appropriate previous exercises
- Shoulder shrugs, scapular retraction without resistance
- Active assisted motion (AAROM) supine with wand – Flexion to 90 degrees
- 1-2 Finger Isometrics x 6 (fist in box)

#### GOAL
- Supine AAROM Flexion to 90 degrees
WEEKS 6 – 8
- D/C Immobilizer
- Continue appropriate previous exercises
- AROM in pain-free range as tolerated, **No PROM**
- AAROM (pulleys, supine wand, wall climb)
  - Flexion > 90 degrees
  - Abduction and ER to tolerance
  - IR and extension (wand behind back)
- Submaximal isometrics (continue 1-2 fingers for IR)
- Elliptical trainer – Lower extremity only
- Treadmill – Walking progression program

**GOAL**
- AROM Flexion to 120 degrees, Abduction to 90 degrees

WEEKS 8 – 12
- Continue appropriate previous exercises
- AROM, AAROM through full range, **No PROM**
- Light Theraband ex – ER, Abduction, Extension
- Biceps and Triceps PREs
- Prone scapular retraction exercises (without weights)
- Push-up plus on wall – No elbow flexion > 90 degrees
- Body blade
- BAPS on hands
- Ball on wall (arcs, alphabet)
- Elliptical trainer (upper and lower extremities)
- Pool walking / running – No UE resistive exercises

**GOALS**
- Full AROM
- 30 wall push-ups

MONTHS 3 – 4
- Continue appropriate previous exercises
- PROM / mobilization as needed to regain full ROM
- Light Theraband ex – IR, Adduction, Flexion, Saption
  - Continue ER, Abduction, Extension with increased resistance
• Push-up progression – Wall to table to chair (no elbow flexion > 90 degrees)
• Weight training with **VERY LIGHT** resistance (no flies or pull downs)
  – No elbow flexion > 90 degrees
  – Bench press
  – Seated row weight machine
  – Cable column
• Ball toss with arm at side using light ball
• UBE forwards and backwards at low resistance
• Stairmaster
• Treadmill – Running progression program
• Pool walking / running – With UE resistance (No swimming)

**GOALS**
• 30 table push-ups
• Run 2 miles at easy pace

**MONTHS 4 – 6**
• Continue appropriate previous exercises with increased resistance
• Fitter on hands
• Ball toss overhead
• Push-up progression – Chair to regular
• Sit-ups
• Weight training with increasing resistance
  – No elbow flexion > 90 degrees
  – Military press, lat pull downs, flies
  – Gravitron for pull-ups and dips
• Swimming
• Running progression to track
• Transition to home / gym program

**GOALS**
• Normal Pectoralis Major strength
• Resume all activities

*NO CONTACT SPORTS UNTIL AFTER 6 MONTHS POST-OP*

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