

Pectoralis Major Repair Rehabilitation Protocol

Phase	Goals	Precautions / Restrictions	Treatment
Weeks 0 – 6	<ul style="list-style-type: none"> Protect surgical site and maintain repair integrity Decrease pain and inflammation PRICE principles Improve Scapular Mechanics No shoulder range of motion x 4 weeks → Initiate PROM 	<ul style="list-style-type: none"> No shoulder motion x 4 weeks Wear immobilizer with pillow except for hygiene and exercise performance x 6 weeks No lifting on any object on operative side No lifting greater than 5 lbs. on uninvolved side No pushing / pulling greater than 20 lbs. on uninvolved side 	<ul style="list-style-type: none"> Active-assisted range of motion of elbow, wrist and hand with arm in plane of body Scapular retraction isometrics Week 2 – 3: Core activation with immobilizer <ul style="list-style-type: none"> May Initiate stationary bike with no use of handlebars on operative arm Week 4: Begin Passive shoulder ROM <ul style="list-style-type: none"> Shoulder Hangs + Codman's (Pendulum) exercise Limit Supine Forward Flexion to 90° and ER to 30° Initial visit: FOTO PRO, QuickDASH
Weeks 6 – 12	<ul style="list-style-type: none"> Maintain integrity of repair Progress PROM and slowly advance to AAROM + AROM Goals at Week 12: <ul style="list-style-type: none"> 135° Flexion 120° Abduction Full External Rotation NI scapular mechanics Initiate muscle activation Improve motor control 	<ul style="list-style-type: none"> Wean out of sling as able Do not force motion or weight bear through the involved shoulder Week 9 ROM Limits: <ul style="list-style-type: none"> No Internal Rotation behind back No Abduction beyond 60° No External Rotation in a neutral position beyond 45° No ER in an Abducted Position No Resisted IR or Adduction 	<ul style="list-style-type: none"> Week 6: Progress PROM → Advance AAROM Week 8: AROM initiated once AAROM achieved Week 8: Core / LE training <ul style="list-style-type: none"> Balance / Proprioception, Single + Multiplane Week 9: Initiate Isometric Strengthening <u>all Below the Horizontal Plane</u> <ul style="list-style-type: none"> Scapular stabilizers and Rotator Cuff Biceps, Triceps Continue with stationary bike up to 30 minutes Week 6: FOTO, QuickDASH
Weeks 12 – 16 (Months 3 – 4)	<ul style="list-style-type: none"> Maintain integrity of repair Progress RTC and scapular stabilizer strengthening Full AROM compared bilaterally w/o compensation Initiate Push-up progression with no elbow flexion > 90°: Wall → Table → Chair 	<ul style="list-style-type: none"> Do not force motion No weight bearing through involved shoulder Very Light Resistive Weight Training <ul style="list-style-type: none"> 10 lb. Weightlifting restriction No Pec Flys, Bench press, or Pull downs 	<ul style="list-style-type: none"> Week 12: Cycling and Running Permitted <ul style="list-style-type: none"> Light TheraBand – Add IR, Adduction, Flexion Muscle endurance on upper body ergometer FOTO, QuickDASH Advancement to isotonic exercise per tolerance in all planes, including multiplane exercises as long as: <ul style="list-style-type: none"> Isometrics are progressing No compensations during exercise performance
Weeks 16 – 24 (Months 4 – 6)	<ul style="list-style-type: none"> Address any remaining asymmetries in strength, endurance and movement patterns Initiation of power development in athletes 	<ul style="list-style-type: none"> Begin loading through shoulder and initiate push-ups and bench press Avoid aggravation of repair 20 lb. weightlifting restriction until week 20 → Slowly progress along if painless 	<ul style="list-style-type: none"> Week 16: Continue multiplane strengthening <ul style="list-style-type: none"> FOTO, QuickDASH, HHD testing Advance balance / proprioception Continue Aerobic and Anaerobic Interval training Week 20: Initiate Plyometric and Sports Program Home Exercise Program – 3 – 5 x a day
Weeks 24 + (Months 6+)	<ul style="list-style-type: none"> Initiate return to strenuous work and sport progression Low level sport specific activity → Progress to higher demand activity as long as: <ul style="list-style-type: none"> Full non-painful ROM Satisfactory stability Satisfactory isokinetics No pain with lifting 	<ul style="list-style-type: none"> Initiate bench press strengthening at 50% pre op 1 rep max or less focusing on multiple reps Focus on form and control during exercise performance with appropriate work rest intervals Assess tolerance to activity during, after and at 24 hours after activity 	<ul style="list-style-type: none"> Continue with Anaerobic + Aerobic interval training Continue with core stability per tolerance <ul style="list-style-type: none"> Stability in all 3 planes of motion Sport specific movements Plyometric activities progressing from simple to complex, less load to more load Week 24: QuickDASH, FOTO, HHD / Isokinetics

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.

Each patient's progress may vary based on specifics of their injury and procedure.

