

Pectoralis Major Repair Rehab Protocol

Post-op visits:

- 2w, 6w, 12w, 6m

Xrays:

- None needed unless injury occurred

Physical therapy:

- Therapy prescription will be provided at your **6-week** appointment (may start earlier if patient requested).

Home exercise program (HEP):

- These are a guide for you and the physical therapist; physical therapist may add on exercises as necessary for rehabilitation

Restrictions:

- Sling:
 - Full-time 6 weeks after surgery
- Motion restrictions:
 - Do not push yourself out of a chair or bed with your operative arm until 12 weeks after surgery
- Strengthening and weightlifting:
 - **No strengthening operative arm until 12 weeks after surgery**
 - Weightlifting restrictions: avoid bench press, Olympic lifts, and overhead press until 4.5 months post-op

Weeks 0-2: Acute Recovery After Surgery

Sling	• Sling at all times except during hygiene and home exercises
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) • No strengthening
Range of Motion	• No shoulder motion except as needed during exercises
Exercises	• Phase I Home Exercise Program
Misc	• Do not submerge incision for 4 weeks after surgery • Ice 3-4x/day with ice packs on towel over shoulder or ice machine

Weeks 2-6: Continued sling use

Sling	• Sling at all times except during home exercises, showering, physical therapy, or resting on couch (may come out of sling with arm supported on pillow)
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) ○ May begin using arm for daily activities in front of body (i.e. computer/desk work) • No strengthening
Range of Motion	• No shoulder motion except as needed during exercises
Exercises	• Phase I Home Exercise Program
Misc	• Do not submerge incision for 4 weeks after surgery

- Ice 3-4x/day with ice packs on towel over shoulder or ice machine

Weeks 6-9: Start motion

Sling	• Out of sling completely
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) • No strengthening or isometrics
Range of Motion	• Start passive and active-assist range of motion ○ Flexion: no limit within tolerance ○ Abduction: < 90 degrees ○ External rotation: < 30 degrees ○ Internal rotation: limit within tolerance
Exercises	• Phase II Home Exercise Program – Scapular stabilization
Misc	• Heat before exercises • Ice after exercises

Weeks 9-12: Advance motion and start isometrics

Sling	• None
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) • No strengthening (may start isometric exercises)
Range of Motion	• Progress to full active motion without limits
Exercises	• Phase III Home Exercise Program – Scapular stabilization + isometric exercises
Misc	• Heat before exercises • Ice after exercises

Months 3+: Start strengthening

Sling	• None
Weight Restrictions	• Progressive strengthening without weight restriction
Range of Motion	• Continue to work on motion if not fully achieved
Exercises	• Phase IV Home Exercise Program – Scapular and shoulder strengthening • Return to gym: ○ May start performing bench presses, dips, lat pulldowns, pull-ups, push-ups at 4.5 months from surgery ○ May return to all sports at 4.5 months from surgery
Misc	• Heat before exercises • Ice after exercises