

Pectoralis Major Repair

Phase 1 goals

Full passive range of motion at 4 weeks

Full active range of motion at 6 weeks

Sling on at all times for 6 weeks when not doing exercises

Stitches assessed and removed in clinic by within 7-14 days

Weeks 0-2

Gentle pendulum exercises

Active elbow/wrist/hand ROM range of motion and hand grip exercises

Stationary bike permitted

Modalities as necessary to decrease swelling

PROM and gentle AAROM exercises while supine

- Supine External external rotation to 0
- Supine Forward forward flexion 0 to 90
- No internal rotation

Weeks 2-4

Continue previous activities

Initiate proprioception training and scapular stabilization drills

PROM and AAROM exercises while supine:

- Supine External external rotation 0 to 30
- Supine Forward forward flexion full
- Internal rotation to belt line

Weeks 4-6

Begin active range of motion while supine and seated:

- Forward flexion full
- Internal rotation full
- External rotation—gradual increase to full over 12 weeks
- No terminal stretching with ER

Continued >

Pectoralis Major Repair (continued)

Phase 2 goals

Restore full active range of motion

Restore muscle balance and strength

Weight training

- Keep hands within eyesight
- Keep elbows bent
- No military press
- No pull downs behind head
- No wide grip bench press
- Avoid anterior capsular stretch or "throwing position"

Weeks 6-12

Discontinue use of sling at 6 weeks

External and Internal internal Rotation rotation with tubes/bands of increasing resistance

Standing forward punch with increasing resistance and seated rows

Eccentric lateral, scapular, and posterior shoulder strengthening

Bicep curls and cuff strengthening with gravity only, then with increasing resistance added over 6 weeks

Return to activities

Computer at 4 weeks

Running at 10 weeks

Contact sports at 16 weeks
