

Rehabilitation Protocol Pectoralis Major Repair

Phase I – 0-4 Weeks

- **Sling Immobilizer:** Worn at all times – sleep with pillow under elbow to support the operative arm
- **Range of Motion:** Supported pendulum exercises under guidance of PT
- **Therapeutic Exercises:**
 - Hand exercises
 - Elbow and wrist active motion (with shoulder in neutral position at the side)
 - May ride stationary bike with arm in sling

Phase II – 4-6 Weeks

- **Sling Immobilizer:** Worn at all times – sleep with pillow under elbow to support the operative arm
- **Range of Motion:** AAROM in the supine position with wand – Goal: Forward Elevation to 90 degrees
- **Therapeutic Exercises:**
 - Hand exercises
 - Elbow and wrist active motion (with shoulder in neutral position at the side)
 - Shoulder shrugs/scapular retraction without resistance
 - May ride stationary bike with arm in sling

Phase III – 6-8 Weeks

- **Sling Immobilizer:** May be discontinued
- **Range of Motion:** AROM only in the pain free range – **No PROM.** AAROM (pulleys, supine wand, wall climb) – Goals: Forward Elevation to 120 degrees and Abduction to 90 degrees, ER to tolerance
- **Therapeutic Exercises:**
 - Hand exercises
 - Elbow and wrist active motion (with shoulder in neutral position at the side)
 - Submaximal isometrics

Kade McQuivey, MD
Department of Orthopedics
Sports Medicine and Shoulder Surgery
Office Phone: 623.876.3870
Fax: 623.337.9279
www.KadeMcQuiveyMD.com



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Sun City West Medical Center
Thunderbird Medical Center

Phase IV – 8-12 Weeks

- **Range of Motion:** AROM and AAROM only in the pain free range – **No PROM.**
Goals: Full ROM
- **Therapeutic Exercises:**
 - Light Theraband (ER, ABD, Extension), Biceps and Triceps PREs, Prone Scapular Retraction Exercises (no weights), Wall Push-Ups (no elbow flexion >90 degrees)

Phase V – 3-6 Months

- **Range of Motion:** Full ROM
- **Therapeutic Exercises:**
 - Theraband (ER, ABD, Extension) with increasing resistance, may start light weight training at 4 months post-op (no flies or pull downs), Regular Push-Ups
 - Return to sport at 6 months post-op