

Rehabilitation Protocol:

Pectoralis Major Repair

**OMAR RAHMAN, MD, MBA**  
Orthopedic Surgeon | Sports Medicine  
ARTHROSCOPIC SURGERY | JOINT RECONSTRUCTION



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Phase I: 0 - 3 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:** Elbow and wrist active motion (with shoulder in neutral position at the side), hand exercises, patient may ride stationary bike with operative arm in the 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 Flexion to 90 degrees
- **Therapeutic Exercises:** Elbow and wrist active motion (with shoulder in neutral position at the side), hand exercises, shoulder shrugs/scapular retraction without resistance

**Phase III: 7 - 9 Weeks**

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

**Phase IV: 10 - 12 Weeks**

- **Range of Motion:** AROM and AAROM in the pain free range - **No PROM**, Goals: Full ROM
- **Therapeutic Exercises:** Light Theraband (ER, Abduction, Extension), Biceps and Triceps PEs, Prone Scapular Retraction Exercises (without weights), Wall Push-Ups (no elbow flexion > 90 degrees)

**Phase V: 3 - 6 Months**

- **Range of Motion:** Full ROM
- **Therapeutic Exercises:** Light Theraband (ER, Abduction, Extension) with increasing resistance, May start light weight training at 4.5 months post-op (no flies or pull downs), Regular Push-Ups
- **Return to athletics at 6 months post-op**

**Comments:**

**Frequency:** 2-3 times per week

**Duration:** 6-8 weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_