

# Pectoralis Major Repair Post-Operative Rehabilitation Protocol

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ARTHROSCOPIC SURGERY | JOINT RECONSTRUCTION



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

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

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

## 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:** 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: 6 - 8 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: 8 - 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 PREs, 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: \_\_\_\_\_ times per week Duration: \_\_\_\_\_ weeks

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