

Pectoralis Major Repair Protocol

Name _____ Today's Date _____

Diagnosis _____ Surgery Date _____

Frequency: 1 2 3 4 5 times/week

Duration: 1 2 3 4 5 6 weeks

Side: R / L

Evaluate only Provide home exercise program (HEP)

Evaluate and Treat

PHASE 1: Weeks 0 to 2

- Sling on at all times
- Keep incision dry
- Begin active and passive elbow, wrist, and hand range-of-motion

PHASE 2: Weeks 2 to 6

- Continue sling at all times, except during therapy
- Continue elbow, wrist, and hand range-of-motion
- Shoulder passive range-of-motion only
 - Keep arm in front of axillary line (no shoulder extension)
 - Supine forward elevation up to 90 degrees
 - External rotation up to 30 degrees
- Begin rotator cuff isometrics

PHASE 3: Weeks 6 to 12

- May discontinue sling
- Begin active and active-assisted shoulder range-of-motion
- Restore full passive range of motion at shoulder without limits
- Continue rotator cuff and periscapular stabilizer strengthening

PHASE 4: Months 3 to 6

- No immobilization
- Progress with strengthening
- Allow light bench press, encourage light weight, high reps

PHASE 5: Months 6 and beyond

- Resume full strengthening and sports, without restrictions

Comments:

Modalities: ___ Per therapist ___ Electrical Stimulation ___ Ultrasound ___ Heat before/after ___ Ice before/after

___ Aquatherapy ___ Massage ___ Trigger points ___ ART (Active release techniques) Other _____

Signature _____ Date _____