
Instructions: Pectoralis Major Repair Protocol

Range of motion:

- For the first two weeks post-operatively:
 - o Sling at all times.
 - o No range of motion.
- At two weeks post-operatively:
 - o Begin active-assisted motion, progressing towards active range of motion.
 - o Add stretching at end ranges to regain full rotation, but avoid positions of impingement.
 - o No abduction or no external rotation until six weeks
 - o Please instruct patient and family in a home exercise program.
 - o Goal passive range of motion by six weeks: 140° elevation
 - o Goal passive range of motion by twelve weeks: 60° external rotation.

Strengthening:

- No strengthening prior to 6 weeks post-operatively, 3-5 pound weight lifting restriction.
- Then begin strengthening of rotator cuff, scapular stabilizers, and deltoid progressing slowly from isometrics (6 weeks) to bands and light resistive strengthening (9 weeks) to weights and heavy resistive strengthening (12 weeks)
- Once strength is progressing, also add a focus upon scapular mechanics and proprioception.
- At 4.5 months post-operatively, progress towards occupation and sport-specific exercises, planning to return to contact sports at 6 months.

Limitations:

- No range of motion and sling immobilization until two weeks post-operatively.
- No abduction or external rotation until six weeks post-operatively.
- No strengthening until six weeks post-operatively and progress slowly with strengthening.
- Three- to five-pound weight lifting restriction until six weeks post-operatively.

Please provide with a home exercise program.

Modalities

Heat before and ice after therapy. Electric stimulation and remaining modalities per therapist.