

### **Pectoralis Major Repair Rehabilitation Protocol**

#### **Goals Post-Surgery:**

- Maintain structural integrity of repaired soft tissues.
- Gradually restore full functional range of motion.
- Restore full dynamic muscle control and stability.
- Return of full unrestricted upper extremity activities including activities of daily living and recreation/sporting athletic endeavors.

#### **Following Surgery:**

- Expect arm to be placed in sling 4-6 weeks (even while sleeping).
- Ice for at least 3 days.
- Okay to shower as long as surgical dressings with good seal.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.
- No external rotation beyond neutral for 2 weeks and beyond 30 degrees for 6 weeks
- **GOALS – Pain Control and Protection.**

#### **2 Weeks Post Op:**

- Follow up appointment in clinic.
- Continue sling until 6 weeks.
- Under therapy guidance may increase shoulder abduction by 10 degrees per week from baseline pain free motion.

#### **8 Weeks Post Op:**

- Follow up appointment in clinic.
- Discontinue sling at 6 weeks.
- **Therapy:** AROM in pain-free range as tolerated. AAROM (pulleys, supine wand, wall climb) – flexion > 90°, abduction and external rotation to tolerance, internal rotation and extension to tolerance. Submaximal isometrics. Aerobic as tolerable with lower extremities only.

**GOALS – Achieving and maintaining full shoulder mobility, both actively and passively, and gradually increasing muscular strength and endurance.**

#### **16 Weeks Post Op:**

- Follow up appointment in clinic.
- AROM, AAROM through full range of motion.
- Light Theraband exercises: external rotation, abduction, extension.
- Biceps and triceps PREs
- Prone scapular retraction exercises (without weights)
- Pushups on the wall – no elbow flexion greater than 90°.
- Aerobic exercises (may add light upper extremities)
- Progressive strengthening as tolerated

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.