PECTORALIS MAJOR REPAIR

Date of Surgery: _____

Weeks 0 - 2
- Sling x 6 weeks at all times – even when sleeping
- Hand squeeze, elbow/wrist AROM
- Deltoid isometrics

Weeks 3 - 4
- Continue sling x 6 total weeks and exercises as per weeks 0-2
- Shoulder pendulum exercises, first in sling then out of sling
- Stationary bike with sling if desired for conditioning

Weeks 5 - 6
- Continue sling x 6 total weeks and exercises as per weeks 0-4
- Flexion PROM to 90 degrees only
- No external rotation
- Shoulder shrugs and scapular retraction without resistance

Weeks 7 – 9
- D/c sling
- PROM progressing to AAROM to 120 flexion, 60 abduction, 30 ER
- PROM only for IR
- Treadmill walking, eliptical without arm motion component, lower extremity only

Weeks 10 – 12
- Continue AAROM unrestricted (including IR) and progress to unrestricted AROM
- LIGHT Theraband exercises for external rotation, abduction, extension (no resisted IR) after achieving full ROM
- Prone scapular retraction without weights

Months 3 - 4
- Add light theraband IR to above Theraband exercises, progress resistance for ER/Ab/ER
- Treadmill running ok

Months 5 – 6+

- Increase resistive exercises slowly as tolerated (no bench press till 6 months)
- Bench press at 6 months – start light and progress slowly (no “max” prior to 12 months)