



PECTORALIS MAJOR REPAIR PROTOCOL

Phase 1

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 2

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 reaction without resistance.

Phase 3

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, sub maximal isometrics.

Phase 4

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 5

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.**