

Rehabilitation Protocol: Pectoralis Major Repair

Phase 1 (0-4 Weeks)

- **Sling immobilizer:** Worn at all times.
- **Range of motion:** Supported pendulum exercise under guidance of PT
- **Therapeutic exercises:** Elbow and wrist active motion with shoulder in neutral position at the side. Hand exercises. May ride stationary bike with operative arm in the sling.

Phase 2 (4-6 Weeks)

- **Sling immobilizer:** Worn at all times.
- **Range of motion:** AAROM in the supine position with wand
 - Goal = Forward flexion to 90 degrees
- **Therapeutic exercises:** Continue elbow and wrist active motion with shoulder in neutral position at the side. Hand exercises. Add shoulders shrugs/scapular retraction without resistance.

Phase 3 (6-8 Weeks)

- **Sling immobilizer:** Discontinue sling.
- **Range of motion:** AROM in the pain-free range. **No PROM.** AAROM with pulleys, supine wand, wall climbs.
 - Goal = Forward flexion to 120 degrees, Abduction to 90 degrees, ER to tolerance, Combined IR and extension with wand behind the back
- **Therapeutic exercises:** Continue elbow and wrist active motion with shoulder in neutral position at the side. Hand exercises. Add submaximal shoulder isometrics.

Phase 4 (8-12 Weeks)

- **Range of motion:** AROM and AAROM in the pain-free range. **No PROM.**
 - Goal = Full ROM
- **Therapeutic exercises:** Light Therabands (ER, abduction, extension), biceps/triceps exercises, 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 Therabands with increasing resistance. May start light weight training at 4.5 months, including regular push-ups.
- Return to athletics at 6 months post-op