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Pectoralis Major Repair Protocol

Phase I: Weeks 0-6 – PROTECT REPAIR

- Sling for 6 weeks, even while sleeping
- Rehab
 - Weeks 0-2: hand squeeze exercises, elbow and wrist active range of motion
 - Weeks 2-6: supported pendulum exercises, shoulder shrugs, scapular retraction without resistance, active assist range of motion (AAROM) supine with wand to 90° forward flexion
- Exercise: stationary bike, must wear sling
- Goals:
 - Weeks 0-2: pain control, protection
 - Weeks 2-6: pain control, protection, supine AAROM to 90° forward flexion

Phase II: Weeks 6-9

- Discontinue sling
- Range of motion: begin active range of motion as tolerated with no passive range of motion, regular pendulums
- Rehab: AAROM flexion >90°, abduction/external rotation to tolerance, internal rotation and extension to tolerance
- Exercise: lower extremity elliptical, walking progression, begin running 8 weeks
- Goal: active flexion to 120°, abduction to 90°

Phase III: Weeks 10-12

- Range of motion: AROM, AAROM through full range, no passive range of motion
- Rehab: light TheraBand exercises – external rotation, abduction, extension.
- Exercise: push-up plus on wall (no extension past 90°), prone scapular retraction exercises without weights, elliptical (upper and lower extremity)
- Goals: full active range of motion, 30 wall push-ups

Phase IV: Months 3-4

- Range of motion: passive range of motion/mobilization as needed to regain full ROM
- Rehab: light TheraBand with internal rotation, adduction, flexion, scaption. Continue with external rotation, abduction, extension
- Exercise: begin weight training: rule of 20. No elbow flexion past 90°. No flies or pull downs
 - OK for seated row/cable column
- Goal: 30 table push-ups, jog 2 miles at easy pace

Phase V: Months 4-6

- Range of motion: passive range of motion/mobilization as needed to regain full ROM
- Exercise: push-up progression knees to regular, sit-ups, weight training with increasing resistance. No elbow flexion past 90°. Military press, lat pull downs, flies, Gravitron for pull-ups and dips, swimming, transition to regular home/gym program
- Goals: normal pectoralis major strength, resume all activities

No contact sports until 6 months post-op