



Pectoralis Major Muscle Open Repair REHAB protocol

PHASE I – Protect repair

Weeks 0-2

Goals:

Pain control

Protect repair

1. Sling immobilizer for 6 weeks
2. Elbow/wrist/hand active range of motion exercises, shoulder in neutral position
3. Stationary bicycle, with shoulder sling on

Weeks 2-4

Goals:

Pain control

Protect repair

1. Continue sling for 6 weeks
2. Continue previous exercises
3. Pendulum shoulder exercises

PHASE II – ROM

Weeks 4-6

Goals:

Supine PROM flexion to 90

Protect repair

1. Continue sling x6 weeks
2. Continue previous exercises
3. PROM and supine AAROM forward up to 90 with arm in adduction
4. shoulder shrugs, scapular retraction, no resistance

Weeks 6-8

Goals:

AROM flexion to 120, abduction to 90

1. Discontinue sling
2. Continue previous exercises
3. Active assist range of motion
 - Flexion greater than 90°
 - Abduction and internal rotation to tolerance
 - Internal rotation and extension, arm behind back
4. Submaximal isometrics
5. Treadmill walking
6. Elliptical trainer without R motion component, lower extremity only

PHASE III – Early strengthening

Weeks 8-12

Goals:

Full active range of motion

1. Continue previous exercises
2. Active range of motion, active assisted range of motion through full motion
3. Light Thera-Band exercises for ER, abduction and extension
4. Biceps/triceps PRE
5. Prone scapular retraction exercises, no weights
6. Elliptical trainer, upper and lower extremities

Months 3-4

Goals:

Begin light strengthening

1. Continue previous exercises
2. Full range of motion
3. Light Thera-Band exercises- add internal rotation, abduction and flexion
4. Pushup progression-wall -> table -> chair, no elbow flexion greater than 90°
5. Very light - Resistance weight training, no pectoralis flies, bench press or pull downs
 - No elbow flexion greater than 90°
 - Seated rows
 - Single arm pulleys/cables for IR, forward elevation and adduction
 - Rotator cuff and periscapular
6. Treadmill running
7. Ball toss with arm at side, light weight

PHASE IV – Advanced strengthening

Months 4-6

Goals:

Maintain pain-free full range of motion

Advanced strengthening

Gradual return to functional activities

1. Continue previous exercises with increasing resistance
2. Overhead ball toss
3. Full running program, Swimming
4. Weight training with increasing resistance - no bench press, may start pull downs and pectoralis flies with light resistance only

PHASE V – Return to full activity

Months 6+

Goals:

Maintain pain-free full range of motion

Gradual return to recreational sports and or strenuous work activities

1. Full activities as tolerated
2. Continue previous exercises with increasing weight/resistance
3. May perform bench press, light weight and high repetitions advanced weight as tolerated
4. Recommend indefinitely avoiding high weight, low repetition