

# Rehabilitation Protocol: Pectoralis Major Repair

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## Phase I (0-6 weeks):

- Weight Bearing: Non-weight bearing
- Bracing: Sling for Six weeks during day and at night .
  - Can remove for home exercises and bathing
- Range of motion: 0-2 weeks none, 2-4 weeks limit to 45 ER, 20 Ext, 45 abduction
- Therapeutic Exercise:
  - Pendulum exercises
  - Hand/wrist/elbow range of motion, grip strengthening
  - Passive ROM with above mentioned limits

## Phase II (6-12 weeks):

- Weight Bearing: Non-weight bearing
- Discontinue Sling
- Range of motion – Full active and active assisted ROM
- Therapeutic Exercises:
  - Begin resistive exercises for scapular stabilizers, biceps, triceps, rotator cuff
  - No resisted IR/Adduction

## Phase III(12-16 weeks):

- Weight Bearing: Begin Weight bearing exercises
- Continue with obtaining active range of motion exercises
- Therapeutic Exercises:
  - Glenohumeral stabilization
  - Upper body ergometer
  - External rotation and latissimus eccentrics
  - At 16 weeks begin plank/pushups on knees

## Phase IV (4-6 months ): Full Activities as Tolerated

- Therapeutic Exercises
  - Progress to normal pushups
  - Aggressive scapular strengthening
  - Eccentric strengthening
  - Plyometric and throwing progression

