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## **PECTORALIS MAJOR REPAIR**

### **POST-SURGICAL REHABILITATION PROTOCOL**

#### **POST-OP DAYS 1 – 14**

- Shoulder Immobilizer x 6 weeks – Even while sleeping
- Place pillow under shoulder / arm while sleeping for comfort
- Hand squeezing exercises
- Elbow and wrist active motion (AROM) with shoulder in neutral position at side
- Stationary bike (must wear immobilizer)

#### **GOALS**

- Pain control
- Protection

#### **WEEKS 2 – 4**

- Continue immobilizer x 6 weeks
- Continue appropriate previous exercises
- Supported pendulum exercises
- Resisted elbow / wrist exercises with light dumbbell (< 5#), shoulder in neutral

#### **GOALS**

- Pain control
- Protection

#### **WEEKS 4 – 6**

- Continue immobilizer x 6 weeks
- Continue appropriate previous exercises
- Shoulder shrugs, scapular retraction without resistance
- Active assisted motion (AAROM) supine with wand – Flexion to 90 degrees
- 1-2 Finger Isometrics x 6 (fist in box)

#### **GOAL**

- Supine AAROM Flexion to 90 degrees

#### **WEEKS 6 – 8**

- D/C Immobilizer
- Continue appropriate previous exercises
- AROM in pain-free range as tolerated, **No PROM**
- AAROM (pulleys, supine wand, wall climb)
- Flexion > 90 degrees
- Abduction and ER to tolerance
- IR and extension (wand behind back)
- Submaximal isometrics (continue 1-2 fingers for IR)
- Elliptical trainer – Lower extremity only
- Treadmill – Walking progression program

#### **GOAL**

- AROM Flexion to 120 degrees, Abduction to 90 degrees

## **WEEKS 8 – 12**

- Continue appropriate previous exercises
- AROM, AAROM through full range, **No PROM**
- Light Theraband ex – ER, Abduction, Extension
- Biceps and Triceps PREs
- Prone scapular retraction exercises (without weights)
- Push-up plus on wall – No elbow flexion > 90 degrees
- Body blade
- BAPS on hands
- Ball on wall (arcs, alphabet)
- Elliptical trainer (upper and lower extremities)
- Pool walking / running – No UE resistive exercises

### **GOALS**

- Full AROM
- 30 wall push-ups

## **MONTHS 3 – 4**

- Continue appropriate previous exercises
- PROM / mobilization as needed to regain full ROM
- Light Theraband ex – IR, Adduction, Flexion, Scaption
- Continue ER, Abduction, Extension with increased resistance
- Push-up progression – Wall to table to chair (no elbow flexion > 90 degrees)
- Weight training with **VERY LIGHT** resistance (no flies or pull downs)
- No elbow flexion > 90 degrees
- Bench press
- Seated row weight machine
- Cable column
- Ball toss with arm at side using light ball
- UBE forwards and backwards at low resistance
- Stairmaster
- Treadmill – Running progression program
- Pool walking / running – With UE resistance (No swimming)

### **GOALS**

- 30 table push-ups
- Run 2 miles at easy pace

## **MONTHS 4 – 6**

- Continue appropriate previous exercises with increased resistance
- Fitter on hands
- Ball toss overhead
- Push-up progression – Chair to regular
- Sit-ups
- Weight training with increasing resistance
- No elbow flexion > 90 degrees
- Military press, lat pull downs, flies
- Gravitron for pull-ups and dips
- Swimming
- Running progression to track
- Transition to home / gym program

### **GOALS**

- Normal Pectoralis Major strength

- Resume all activities

***\*NO CONTACT SPORTS UNTIL AFTER 6 MONTHS POST-OP\****

**ADAPTED FROM:**

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