



Pectoralis Major Repair

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- Phase I – Immediate Post Surgical Phase (Week 0-2)
- Will typically delay formal therapy approximately 2 weeks depending on surgical factors
 - Goals
 - Maintain integrity of repair
 - Gradually increase PROM
 - Decrease pain and inflammation
 - Prevent muscular inhibition
 - Cryotherapy for pain/inflammation
 - Ice 15-20 minutes every hour
 - Sleeping
 - Sleep in sling/brace
 - Precautions
 - No lifting
 - No excessive behind-the-back movements
 - No supporting body weight with hands/arms
 - No sudden, jerking movements
- Phase II – Protection Phase (Week 2-4)
 - Goals
 - Allow healing of soft tissue
 - Do not overstress healing tissue
 - Gradually restore full PROM
 - Re-establish dynamic shoulder stability
 - Decrease pain and inflammation
 - Week 2-4
 - Continue use of ice as needed
 - May use heat prior to ROM exercises
 - Flexion to 120 degrees
 - Abduction to 60 degrees
 - ER at side to 20 degrees
 - Continue use of sling until end of week 4 (Dr. Hess discretion)
 - Initiate AAROM and stretching exercises (supine with therapist supporting arm)

- Week 4-6
 - May use heat prior to exercises
 - Initiate AAROM and stretching exercises
 - Initiate AROM exercises (Week 5)
 - ROM
 - Flex to 150 degrees
 - Abduction to 90 degrees
 - ER at side to 60 degrees
 - Begin to work on ER in abduction
 - Shoulder isometrics
 - Continue use of ice as needed

- Phase III – Intermediate Phase (Week 7-12)
 - Goals
 - Full AROM (Goal week 8-10)
 - Maintain full PROM
 - Dynamic shoulder stability
 - Gradual restoration of shoulder strength and power
 - Gradual return to functional activities
 - Continue stretching and PROM as needed to maintain ROM
 - Continue dynamic stabilization
 - Continue above exercises
 - May begin wall push-ups (week 9-12)
 - Light lat pulldowns
 - May initiate Thrower's Ten (if appropriate)

- Phase IV –Advanced Strengthening Phase (Week 12-18)
 - Goals
 - Maintain full ROM
 - Enhance functional use of limb
 - Improve shoulder strength and power
 - Gradual return to functional activities
 - Advance strength training
 - Advance push-ups to floor

- Phase V –Return to Activity Phase (Week 18-24)
 - Goals
 - Gradual return to strenuous work activities
 - Gradual return to recreational sports activities