

## TJ Ridley, MD

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### Pectoralis Major Repair Rehabilitation Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<b>Phase 1 (0-2 weeks)</b> Goals: <ul style="list-style-type: none"> <li>• Protect repair</li> <li>• Prevent muscular inhibition</li> <li>• Increase PROM</li> </ul>	<ul style="list-style-type: none"> <li>• Sling for 4 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid IR, ADD and ER with ABD for 6 weeks</li> <li>• Elbow &amp; wrist A/PROM</li> <li>• Shoulder PROM:               <ul style="list-style-type: none"> <li>○ FF: 90 deg</li> <li>○ ABD: 30 deg</li> </ul> </li> <li>• ER at side: 20 deg</li> </ul>	<ul style="list-style-type: none"> <li>• Begin light scapular stabilization work at week 2</li> <li>• Grip strengthening</li> <li>• Pendulum exercises start post-op day 3</li> <li>• No resistance</li> <li>• Sleep in sling</li> </ul>
<b>Phase 2 (3-4 weeks)</b> Goals: <ul style="list-style-type: none"> <li>• Protect repair</li> <li>• Restoration of PROM</li> <li>• Decrease pain and inflammation</li> </ul>	<ul style="list-style-type: none"> <li>• Sling for 4 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Shoulder PROM:               <ul style="list-style-type: none"> <li>○ FF: 120 deg</li> <li>○ ABD: 60 deg</li> <li>○ ER at side: 30 deg</li> </ul> </li> <li>• Avoid stressing pectoralis major repair (IR and Adduction across body)</li> <li>• Avoid IR, ADD and ER with ABD for 6 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Continue scapular stabilization work</li> <li>• Initiate AAROM and stretching exercises (supine with therapist supporting arm)</li> <li>• Re-establish dynamic shoulder stability</li> </ul>
<b>Phase 3 (5-6 weeks)</b> Goals: <ul style="list-style-type: none"> <li>• Progress from AAROM to AROM</li> <li>• Early shoulder strengthening</li> </ul>	<ul style="list-style-type: none"> <li>• D/C sling</li> </ul>	<ul style="list-style-type: none"> <li>• Shoulder PROM:               <ul style="list-style-type: none"> <li>○ FF: 150 deg</li> <li>○ ABD: 90 deg</li> <li>○ ER at side: 45 deg</li> </ul> </li> <li>• Begin AROM</li> </ul>	<ul style="list-style-type: none"> <li>• Shoulder isometrics</li> <li>• Light resistive exercises</li> <li>• Continue stretching with therapist</li> </ul>
<b>Phase 4 (7-12 weeks)</b>	<ul style="list-style-type: none"> <li>• NA</li> </ul>	<ul style="list-style-type: none"> <li>• Full AROM</li> </ul>	<ul style="list-style-type: none"> <li>• Stretching to maintain ROM</li> <li>• Light lat pulldowns</li> <li>• Begin wall push ups week 9</li> <li>• Initiate Thrower's Ten week 10</li> </ul>
<b>Phase 5 (13+ weeks)</b> Goals <ul style="list-style-type: none"> <li>• Enhance functional use of limb</li> <li>• Gradual return to sport</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• Full AROM</li> </ul>	<ul style="list-style-type: none"> <li>• More strength training, start more lifting at about 4 months</li> <li>• Advance to floor push-ups 4.5 months post-op</li> <li>• No bench press until 6 months</li> <li>• 6 months: Return to full activities/duties</li> </ul>