

Pectoralis Major Repair Rehabilitation Protocol

Name: _____ Date: _____ DOS: _____

Pectoralis Major Repair Rehabilitation Protocol 3X/WK X 6 WKS

GOALS

**n.b.: The patient requires 30-45 min of one-on-one, manual joint mobilization each session until full PASSIVE ROM in all planes is achieved!!

Phase I: Immediate Post-operative “Restrictive Motion” (Weeks 0 to 6)

Goals

- Protect anatomic repair
- Prevent negative effects of immobilization
- Diminish pain and inflammation

Brace

- Discontinue use after six weeks unless otherwise advised by Dr Longobardi
- Sleep in immobilizer for six weeks

Weeks 0 to 2

Range of Motion

Week 1

- Flexion: 60 degrees
- External rotation: neutral
- Internal rotation: as tolerated

Week 2

- Flexion: 75 degrees

Exercises

- NO ACTIVE INTERNAL ROTATION !!
- AVOID PASSIVE AND ACTIVE ABDUCTION !!
- Elbow/wrist/hand exercises
- Passive and gentle active assistive range of motion exercises per guidelines above
- Cryotherapy and modalities for pain and inflammation every hour for 20 minutes

Weeks 3 to 4

Range of Motion

Week 3

- Flexion: 90 degrees
- External rotation: 10 to 1 degrees
- Abduction: 30 degrees



Exercises

- Continue passive and active assistive range of motion exercises per guidelines above
- (may add abduction passive range of motion)
- Continue cryotherapy for pain management

Weeks 5 to 6

Range of Motion

Week 5

- Flexion: 145 degrees
- External rotation: 15 to 30 degrees
- Abduction: 45 degrees

Exercises

- Continue passive and active assistive range of motion exercises per guidelines above
- Initiate isometrics (no internal rotation)
- Initiate “full can” exercises (weight of arm)
- Continue cryotherapy for pain management

Phase II: Intermediate Post-operative “Moderate Protection” (Weeks 7 to 12)

Goals

- Gradually restore full range of motion
- Preserve the integrity of the surgical repair
- Restore muscular strength and balance

Weeks 7 to 9

Range of Motion

Week 7

- Flexion: 180 degrees
- External rotation: 30 to 70 degrees
- Internal rotation: 70 to 75 degrees
- Abduction: 90 degrees

Week 8

- External rotation: 90 degrees
- Abduction: 120 degrees

Exercises

- Continue passive and active assistive range of motion exercises per guidelines above
- Continue to progress isotonic strengthening program

Weeks 10 to 12

Range of Motion

Week 10

- Progress to full range of motion

Exercises

- Progress to full range of motion
- May initiate slightly more aggressive strengthening (no pectoralis major strengthening)
- Progress isotonic strengthening exercises
- Continue all stretching exercises (progress range of motion to functional demands)
- Continue all strengthening exercises

Phase III: Minimal Protection (Weeks 12 to 24)

Criteria to Progress to Phase III

- Full, non-painful range of motion
- Satisfactory muscle strength
- No pain or tenderness

Goals

- Establish and maintain full range of motion
- Improve muscular strength, power and endurance
- Gradually initiate functional activities

Weeks 12 to 16

- Exercises
- Continue strengthening exercises
- May begin light resisted internal rotation
- Progress to a “push up” by week 16
- Restricted sport activities (light swimming, half golf swings)

Weeks 16 to 24

- Exercises
- Continue all exercises listed above
- Continue all stretching
- Gradually increase functional activities

Phase IV: Return to Activity (Months 6 to 9)

Criteria to Progress to Phase IV

- Full functional range of motion
- Good muscular performance
- No pain or tenderness

Goals

- Gradual return to sport activities
- Maintain strength, mobility and stability

Exercises

- Gradually progress sport activities to unrestrictive participation
- Continue with stretching and strengthening programs

Signature: _____

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