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Pectoralis Major Repair Rehab Protocol

Weeks 1-2: Healing (Phase I)

Sling Immobilizer: At all times

Precautions: No lifting of any objects
No active ROM of shoulder
No weightbearing through operative extremity

Weeks 3-6: Protective/Early Motion (Phase II)

Sling Immobilizer: At all times except exercises; May remove at home in controlled environment as long as elbow by side and no ER past neutral

Precautions: No ER past 30 degrees with arm neutral
No strengthening exercises until 12 weeks post op
No ROM behind plane of body until 12 weeks post op

PROM: Begin FE to 45 deg while arm is adducted (begin supine)
-May increase by 5-10 degrees per week
Begin ER in adduction to 0 deg
-May increase by 5-10 degrees per week
-Do not exceed 30 deg of ER
Begin abduction to 30 deg
-may increase 5 degrees per week

Other joints: Ensure full ROM to elbow and wrist
Scapular stabilization exercises



Weeks 7-12: Full active ROM (Phase III)

Sling Immobilizer: May discontinue. Ok to wear over 1-2 weeks

Precautions: No strengthening until 12 weeks post op
No ROM behind plane of body until 12 weeks post op

PROM/AAROM: Progress to full FE, ER, Abduction. Go slow for ER.

Other: Scapular isometrics
May begin light isometrics with elbow flexed to side
Gentle capsular stretching
May continue pendulum exercises while at home

Weeks 12+: Gradual strengthening (Phase IV)

Precautions: Loaded horizontal abduction (bench press, push ups, etc.) should progress slowly
Recommend limiting bench press/pushups to maximum 50% of pre-injury max
until at least 20 weeks post op

Goals: Normal rotator cuff strength and endurance
Proprioception and dynamic neuromuscular control
Full shoulder ER

Exercises: Progressive pectoralis strengthening, beginning with isotonic.
Progressive strengthening in increased shoulder ROM positions

Progressive rotator cuff strengthening, particularly in 90 deg of shoulder
abduction and overhead
Scapular strengthening and kinematics
Core and lower body
Stationary bike and stair master
Running on treadmill and jogging when normal shoulder ROM and normal
rotator cuff strength (approx. 18 weeks+)



Weeks 20+: Sport specific training (Phase V)

Precautions: Monitor for soreness and adjust appropriately as activities increase

Goals: Normal rotator cuff strength in all shoulder planes of motion
Proprioceptive and dynamic neuromuscular control
Develop strength and endurance based on patient's goals

Exercises: Same as phase IV
Work and sports specific strengthening
Core and lower body strengthening

Clearance: Return to sport after discussion with physical therapist and surgeon