



Christopher Kim, MD

The Iowa Clinic Orthopaedics Department

## **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