

Pectoralis Major Repair

Physical Therapy Post-op Protocol

***Blood Flow Restriction (BFR) encouraged at all stages**

Weeks 0-2

Primary goals: protect repair

- Sling for 2 weeks at all times except for hygiene or elbow motion
- Elbow/Hand ROM, ball squeezes
- Scapular stabilization exercises
- Ice 3-4x daily

Weeks 2-6

Primary goals: initiate shoulder ROM

- Sling worn during daytime only from 2-6 weeks post-op
- Continue scapular stabilizers, elbow ROM and ball squeezes
- Shoulder PROM (pendulums, broom handle or door jam assistance)
 - No more than 45 degrees of abduction or 45 degrees of external rotation (hand out to side)
- Ice 3-4x daily
- Begin stationary bike or stair climber
 - Ok to use elliptical machine without moving handles

Weeks 6-12

Primary goals: Increase motion and begin strengthening

- Gradually improve ROM
 - Flexion to 135 degrees (eye level)
 - Abduction to 135 degrees (eye level) to tolerance
- May initiate strengthening exercises
 - AVOID resisted adduction or internal rotation (bear hugs or pressing belly)
- Continue scapular strengthening, isometric biceps/triceps/RTC strengthening
- May incorporate Blood Flow Restriction (BFR)

Weeks 12-16

Primary goals: Full ROM, continue strengthening

- Continue scapular strengthening, isometric biceps/triceps/RTC strengthening
- ROM emphasizing external rotation
- Begin isotonic strengthening as
- May begin treadmill or outdoor jogging, outdoor cycling

Weeks 16

Primary goals: improving strength

- Increase strength and endurance
- May begin push-up/planks
- Begin plyometric and other sport-specific activities