



REHABILITATION GUIDELINES

PECTORALIS MAJOR REPAIR

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OFFICE LOCATIONS

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CLINICAL NURSE

Eileen Perri, BSN
(703) 797-6918

The rehabilitation guidelines are presented in a criterion-based progression program. General time frames are given for reference to the average, but individual patients will progress at different rates depending on their age, associated injuries, pre-injury health status, rehab compliance, tissue quality and injury severity. Specific time frames, restrictions and precautions may also be given to protect healing tissues and the surgical repair/reconstruction.

INDIVIDUAL CONSIDERATIONS:

PHASE I (Week 0-4)

Goals

Protect surgical repair

Precautions

Slings for 6 weeks (Sleep for 4 weeks)

Range of Motion

No ROM

Therapeutic

1. Elbow/Wrist/Hand AROM exercises, shoulder in neutral position
2. Stationary bicycle with sling on
3. Begin pendulums Week 2.

PHASE II (Week 4-8)

Goals

1. Supine PROM to 90 degrees
2. Protect Repair

Therapeutic

1. Continue shoulder and sling for 6 weeks
2. Continue previous exercises
3. PROM and supine AAROM FF up to 90 degrees, with arm in adduction
4. Shoulder shrugs, scapular retraction, no resistance



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WEEKS 6-8

Goals

AROM flexion to 120°, abduction to 90°

Therapeutic

1. Discontinue sling
2. Continue previous exercises
3. AAROM:
Flexion >90 degrees,
Abduction and Ext Rotation to tolerance
Internal rotation and extension, arm behind back
4. Submaximal isometrics
5. Treadmill walker
6. Elliptical training without arm motion component

PHASE III – Early Strengthening (Weeks 8-12)

Goals

Full AROM

Plan:

1. Continue previous exercises
2. AROM, AAROM through full motion
3. Light TheraBand exercises for external rotation, abduction, extension
4. Biceps/triceps PRE
5. Prone scapular retraction exercises, no weights
6. Standing wall push-ups, no elbow flexion > 90°
7. Elliptical trainer, upper and lower extremities

Months 3 – 4

Goals:

1. Begin light strengthening

Plan:

1. Continue previous exercises
2. Full ROM
3. Light TheraBand exercises: add IR, adduction, flexion
4. Push-up progression: Wall to table to chair, no elbow flexion > 90°
5. VERY LIGHT resistive weight training: No Pec flies, bench-press, or pull downs
 - a. No elbow flexion > 90°
 - b. Seated rows
 - c. Single arm pulleys/cables for IR, Forward elevation
6. Treadmill Running
7. Ball toss with arm at side, light weight
8. Standing wall push-ups, no elbow flexion > 90°
9. Elliptical trainer, upper and lower extremities



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PHASE IV – Advanced Strengthening

Months 4 – 6

Goals:

1. Maintain pain-free full ROM
2. Advance strengthening
3. Gradual return to functional activities

Plan:

1. Continue previous exercises with increasing resistance
2. Overhead ball toss
3. Full running program
4. Swimming
5. Weight training with increasing resistance
 - a. No bench press
 - b. May start pull downs and pec flies with light resistance only

PHASE V – Return to Full Activity (6 Months)

Goals:

Gradual return to recreational sports and/or strenuous work activities

Plan:

1. Full activities as tolerated
2. Continue previous exercises with increasing weight/resistance
3. May perform bench press, light weight and high repetition
 - a. Advance weight as tolerated
 - b. Recommend indefinitely avoiding high weight, low repetition