Pectoralis Major Repair Physical Therapy Protocol

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. Kendall
- 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 gentle 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 gentle 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 gentle 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 unrestricted participation
- Continue with stretching and strengthening programs