



Goshen Physicians

ORTHOPEDICS & SPORTS MEDICINE

PECTORALIS MAJOR REPAIR POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1-14

- Shoulder Immobilizer x 6 weeks - Even while sleeping
 - Place pillow under shoulder/arm while sleeping for comfort
- Hand squeezing exercises
- Elbow and wrist active motion (AROM) with shoulder in neutral position at side
- Stationary bike (must wear immobilizer)

GOALS

- Pain control
 - Protection
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WEEKS 2-4

- Continue immobilizer x 6 weeks
- Continue appropriate previous exercises
- Supported pendulum exercises
- Resisted elbow/wrist exercises with light dumbbell (<5#), shoulder in neutral

GOALS

- Pain control
 - Protection
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WEEKS 4-6

- Continue immobilizer x 6 weeks
- Continue appropriate previous exercises
- Shoulder shrugs, scapular retraction without resistance
- Active assisted motion (AAROM) supine with wand - Flexion to 90 degrees
- 1-2 Finger Isometrics x 6 (fist in box)

GOAL

- Supine AAROM Flexion to 90 degrees
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WEEKS 6-8

- D/C Immobilizer
- Continue appropriate previous exercises
- AROM in pain-free range as tolerated, **NO PROM**
- AAROM (pulleys, supine wand, wall climb)
 - Flexion > 90 degrees
 - Abduction and ER to tolerance
 - IR and extension (wand behind back)
- Submaximal isometrics (continue 1-2 fingers for IR)
- Elliptical trainer – Lower extremity only
- Treadmill – Walking progression program

GOAL

- AAROM Flexion to 120 degrees, Abduction to 0 degrees
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WEEKS 8-12

- Continue appropriate previous exercises
- AROM, AAROM through full range, **NO PROM**
- Light Theraband ex – ER, Abduction, Extension
- Biceps and Triceps PREs
- Prone scapular retraction exercises (without weights)
- Push-up plus on wall – No elbow flexion > 90 degrees
- Body blade
- BAPS on hands
- Ball on wall (arcs, alphabet)
- Elliptical trainer (upper and lower extremities)
- Pool walking/running – NO UE resistive exercises

GOALS

- Full AROM
 - 30 wall push-ups
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MONTHS 3 – 4

- Continue appropriate previous exercises
- PROM / mobilization as needed to regain full ROM
- Light Theraband ex – IR, Adduction, Flexion, Scaption
 - Continue ER, Abduction, Extension with increased resistance
- Push-up progression – Wall to table to chair (no elbow flexion > 90 degrees)
- Weight training with **VERY LIGHT** resistance (no flies or pull downs)
 - No elbow flexion > 90 degrees
 - Bench Press
 - Seated row weight machine
 - Cable column

- Ball toss with arm at side using light ball
- UBE forwards and backwards at low resistance
- Stairmaster
- Treadmill – Running progression program
- Pool walking / running – With UE resistance (No swimming)

GOALS

- 30 table push-ups
 - Run 2 miles at easy pace
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MONTHS 4-6

- Continue appropriate previous exercises with increased resistance
- Fitter on hands
- Ball toss overhead
- Push-up Progression – Chair to regular
- Sit-ups
- Weight training with increasing resistance
 - No elbow Flexion > 90 degrees
 - Military press, lat pull downs, flies
 - Gravitron for pull-ups and dips
- Swimming
- Running progression to track
- Transition to home / gym program

GOALS

- Normal Pectorals Major Strength
- Resume all activities

****NO CONTACT SPORTS UNTIL AFTER 6 MONTHS POST-OP****
