



## PECTORALIS MAJOR REPAIR

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-2</b> HEP daily	Control pain and inflammation Promote tissue healing	Sling at all times except exercise No active shoulder ROM	E/W/H AROM
<b>Weeks 2-6</b> PT 2-3x/week HEP daily	Initiate PT Decrease pain and inflammation Increase shoulder ROM Prevent stiffness and atrophy	Sling at all times except exercise No active shoulder ROM No shoulder extension past neutral No H. Abduction past neutral No rotation at >15 degrees abduction No resisted IR	PROM shoulder: Start ER at 0 degrees and increase 5 degrees per week (Goal Week 6=20 degrees ER) Start Flexion at 45 degrees and increase 5-10 degrees per week (Goal Week 6=75 degrees) Start Abduction at 30 degrees and increase 5 degrees per week (Goal Week 6=50 degrees) Codman/Pendulum GH joint mobilizations Grade I/II Scapular mobility Shoulder Isometrics (NO IR) at week 3 Scapular stabilization at week 3
<b>Weeks 6-12</b> PT 2-3x/week HEP daily	Full shoulder AROM Increase upper extremity strength Increase independence with ADLS	Discontinue sling No rotation at >45 degrees abduction No shoulder extension past neutral No shoulder H. Abduction past neutral	Progress shoulder AAROM/AROM Pec Major Isometrics (shoulder IR/Flexion/Adduction) Initiate Isotonic Strengthening (shoulder ER/Abduction/Extension) Closed Chain strengthening Rhythmic Stabilization UBE (Week 8) Scar mobilization/Ultrasound
<b>Weeks 12-24</b> PT 1-2x/week HEP daily	Increase UE strength Return to activity/functional activities	Do not force end range shoulder abduction at 90 degrees ER or H. Abduction Limit loaded H. Abduction to <50% 1RM (bench press/push up) for 6 months Return to sport 6-9 months	Initiate isotonic pec strengthening (shoulder IR/Adduction/H. Adduction/Flexion); Increase resistance gradually; start in shortened range progress to longer range Progress shoulder and scapular strengthening (TheraBand/dumbbells/cable) Progress to strength training to 90 degrees shoulder elevation PNF Plyometrics/Dynamic Stabilization Push-up progression