

POST-OPERATIVE REHABILITATION: PECTORALIS MAJOR REPAIR

Therapy Plan: Twice per week for 0-3 months, once per week for 3-6 months

ROM Progression

Sling at all times for 0-2 weeks

Progress passive ROM weeks 2-6 as tolerated EXCEPT no extension, limited external rotation to 30 degrees

Progress passive and active-assist ROM weeks 6-12 as tolerated without limitation

Strength Progression

Initially NO strengthening exercises for the pectoralis for 0-6 weeks after surgery

- Start isometric strengthening at 6 weeks
- Progress strengthening against gravity starting at 9 weeks
- Advance strengthening as tolerated after 12 weeks

Initial Post-Operative Physical Therapy Visit (2 weeks)

- Correctly remove and replace sling with passive motion on the operative side only
- Instruct on elbow, wrist, and hand exercises
- Isometric exercises for core

Phase 1 Physical Therapy (0-6 weeks): protect the joint, progress motion

- NO open-chain exercises
- Manual therapy 20+ minutes per session
- Soft tissue mobilization, core strengthening
- Sling at all times
- Progress passive ROM as above with NO extension, limited external rotation to 30 degrees

Phase 2 Physical Therapy (6-12 weeks): progressive strengthening

- Wean out of sling when demonstrating adequate upper extremity control and proprioception
- Passive and active-assist ROM as tolerated with the goal of symmetric, full motion at 8-10 weeks
- Initiate core isometric strengthening
- Proprioceptive training
- Soft tissue mobilization, isometric exercises, core strengthening

Phase 3 Physical Therapy (12-24 weeks): return to pre-injury level and sport

- Focus on functional exercises in all planes, advance only when fully controlled
- Advance closed-chain and core strengthening
- Proprioceptive training
- Full return may take 4-6 months or more