

**PECTORALIS MAJOR REPAIR PROTOCOL**

**Phase I (Weeks 6 to 8)**

- D/C Immobilizer (surgeon discretion)
- 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)
- 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**

- AROM Flexion to 120 degrees, Abduction to 90 degrees

**Phase II (Weeks 8 to 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

**Phase III (Weeks 12 to 16)**

- 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 chest flies or lat 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

## **Phase IV (Week 16 - 24 and beyond)**

- 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 Pectoralis Major strength
- Resume all activities