



Orthopaedic Associates of Zanesville
Sports Medicine Division Physical Therapy Protocols
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Rehabilitation Guidelines for Pectoralis Major Repair

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

0-2 Weeks:

- Sling at all times. Keep incision dry.
- May begin active/passive elbow/wrist/hand ROM

2-6 Weeks:

- Continue sling.
- Continue elbow/wrist/hand ROM
- Shoulder passive ROM only:
- Keep arm in front of axillary line. (no shoulder extension)
- Supine FF to 90°.
- ER to 30°
- Begin Cuff Isometrics.

6-12 Weeks:

- May D/C sling.
- Begin Active/Active Assist shoulder motion.
- Restore Full passive shoulder ROM (No Limits).
- Cuff/Scapular stabilizer strengthening

>12 Weeks:

- No immobilization.
- Progress with strengthening.
- Allow light bench press.
- **May resume full strengthening activities at 6 months**