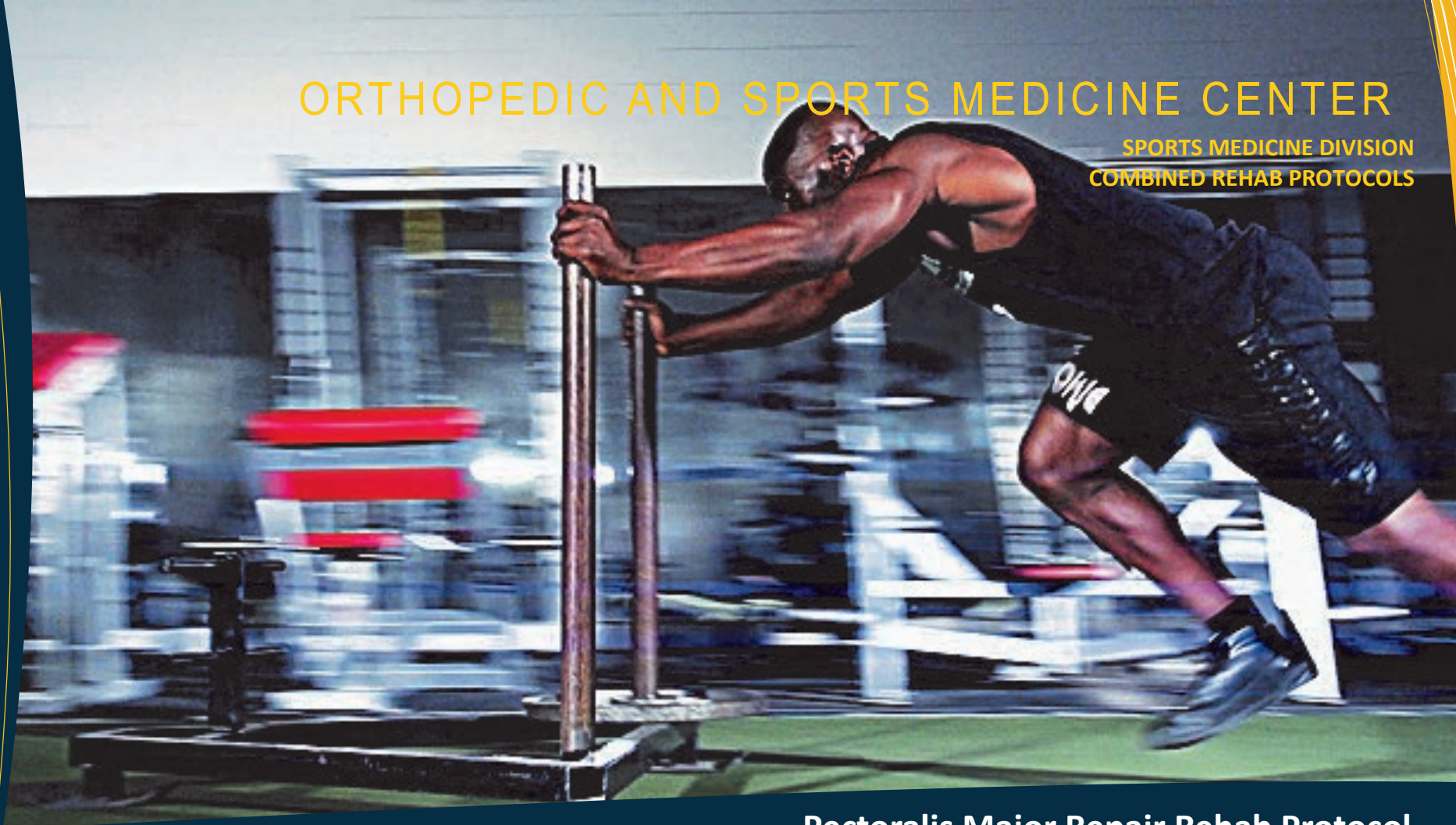


# ORTHOPEDIC AND SPORTS MEDICINE CENTER

SPORTS MEDICINE DIVISION  
COMBINED REHAB PROTOCOLS



**Pectoralis Major Repair Rehab Protocol**

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## TIMELINE

## GOALS

## EXERCISES/METHODS

<p>Early Post-operative + Max Protect Day 1-week 6</p>	<ul style="list-style-type: none"> <li>Control swelling, decrease pain/inflammation</li> <li>Protect healing repaired tissue</li> <li>Establish ROM restrictions</li> <li>Limit effects of prolonged immobilization</li> </ul>	<ul style="list-style-type: none"> <li>Scapular Retraction-Depression</li> <li>Cervical ROM exercises</li> <li>Elbow/Hand/Wrist AROM</li> <li>Pendulums</li> <li>Grip strengthening</li> <li>Aqua therapy for gentle AAROM</li> <li>Ankle pumps to prevent DVT's</li> <li>Initiate light ER isometrics at 2 weeks</li> <li>Side-lying AROM ER to 0 at 4 weeks</li> <li>Initiate light biceps/triceps isometrics at 5 weeks</li> <li>Stationary bike with sling</li> <li>Scar mobilization once incision is healed (~4 weeks)</li> </ul>
<p><b>Goals/Restrictions/Milestones:</b></p> <ul style="list-style-type: none"> <li>ER at neutral to 30 deg</li> <li>Forward flexion to 90 deg</li> <li>Abduction to 90 deg</li> </ul>		
<p>Phase II: Minimal Protection Phase Weeks 6-8</p> <p>D/C sling Avoid isometrics in full elongated position</p>	<ul style="list-style-type: none"> <li>Restoration of Full PROM</li> <li>Normal scapulo-humeral rhythm</li> <li>Promote soft tissue healing</li> </ul>	<ul style="list-style-type: none"> <li>AAROM: forward elevation, scaption, IR, ER</li> <li>Stretching: Towel IR, Cross body, Sleeper</li> <li>Week 7: Initiate AROM             <ul style="list-style-type: none"> <li>Forward elevation and scaption</li> <li>Prone horizontal abduction w/ ER</li> <li>Prone lower traps to 60</li> <li>Prone extensions w/ ER</li> <li>Open chain proprioception/stabilization</li> <li>Door jam series, 90/90 stretch, TV watching stretch</li> </ul> </li> </ul>
<p><b>Goals/Restrictions/Milestones:</b> Full PROM, AAROM</p>		

## BRACING/SLING

- Sling for 6 weeks

## ROM RESTRICTIONS

- PROM restrictions:
  - FE: 90 x 3 weeks
  - ER: 30 x 4 weeks
  - IR: full
  - ABD: 90 x 4 weeks
  - SEE ATTACHED PROGRESSION

## WEIGHT BEARING

- 5lbs for 10 weeks
- 20 lbs from 10-14 weeks
- No AROM at shoulder, no lifting with operated arm 6 wks
- In supine, support arm posteriorly

## OTHER RESTRICTIONS AND KEY CONSIDERATIONS

## TIMELINE

## GOALS

## EXERCISES/METHODS

<p>Phase III: Initial Resistance Strengthening &amp; Proprioception Weeks 8-12</p>	<ul style="list-style-type: none"> <li>• Gradually increase muscle strength and endurance</li> </ul>	<ul style="list-style-type: none"> <li>• Week 8               <ul style="list-style-type: none"> <li>• - Upper Body Ergometer</li> <li>• - Progressive Resistive Exercises</li> <li>• - Theraband Exercises</li> <li>• - Sport cord rows</li> <li>• - Prone lower trap</li> <li>• - Bicep curls, tricep extensions</li> </ul> </li> <li>• Week 10               <ul style="list-style-type: none"> <li>• Initiate push-up plus, closed chain stability</li> </ul> </li> </ul>
<p><b>Goals/Restrictions/Milestones:</b></p> <ul style="list-style-type: none"> <li>• Full non-painful AROM</li> <li>• Satisfactory static stability</li> </ul>		
<p>Phase IV Advanced Resistance Strengthening &amp; Proprioception Weeks 12-16</p>	<ul style="list-style-type: none"> <li>• Increase muscle strength, power, and endurance</li> <li>• Gradual return to functional activities</li> <li>• Cont. ROM and stretching</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain full ROM and flexibility- ER at 45</li> <li>• - Bear Hugs</li> <li>• - Statue of Liberty</li> <li>• - ER at 90</li> <li>• - Ball toss w/ arm at side</li> <li>• - Advanced push-up plus, closed chain stability</li> <li>• - Push up progression: wall à table à chair</li> <li>• - PNF with resistance</li> <li>• - Body Blade</li> </ul>
<p><b>Goals/Restrictions/Milestones:</b></p> <ul style="list-style-type: none"> <li>• Muscle strength 75-80% of contralateral side</li> </ul>		
<p>Phase V Return to Activity Weeks 16-24</p>	<ul style="list-style-type: none"> <li>• Weight-lifting in gym and return to sport</li> <li>• Avoid lat pulls behind back, wide grip bench press</li> <li>• Maintain full pain free ROM</li> <li>• Gradual return to recreational sports</li> <li>• Good dynamic neuromuscular control and no pain with multi-planar activities</li> </ul>	<ul style="list-style-type: none"> <li>• - Plyometric ER, overhead ball toss</li> <li>• - Decelerations</li> <li>• - Throwing progression</li> </ul> <p>Week 21</p> <ul style="list-style-type: none"> <li>• Overhead serving sports (tennis, volleyball)</li> </ul>
<p>Weeks 24</p>	<p>Avoid high weight, low repetition</p> <ul style="list-style-type: none"> <li>• Avoid bench press motion with greater than 50% of prior 1 repetition max (RM) until 6 months p/o</li> </ul> <p>Sports specific progression and training</p> <ul style="list-style-type: none"> <li>• Gradual return to strenuous work activities</li> </ul>	<ul style="list-style-type: none"> <li>- Floor push-ups</li> <li>- Dumbbell bench press (light weight high rep)</li> <li>- Contact Sports (football, hockey, lacrosse)</li> <li>- Swimming</li> </ul>

## SHOWERING

1. May Shower day 1 after surgery
2. Must “waterproof” surgical site for 5 days after surgery
3. No submerging wounds for 4 weeks

## WOUND CARE

1. Remove everything except steri strips the day after surgery
2. Place clean gauze or op-site on wounds daily for 5 days

## MEDICATIONS

1. Pain medicine only as needed. Wean off as soon as possible

## RANGE OF MOTION PROGRESSION

ROM Progression:

Week	ER @ 0° Shoulder Adduction	Forward Flexion	Abduction
2	0	45	30
3	5	50–55	35
4	10	55–65	40
5	15	60–75	45
6	20	65–85	50
7	25	70–95	55
8	30	75–105	60
9	35	80–115	65
10	40	85–125	70
11	45	90–135	75
12	50	95–145	80