



Sports Medicine, Joint Preservation & Cartilage Restoration

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HIP, KNEE, SHOULDER, ELBOW

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PECTORALIS MAJOR REPAIR

Rehab Protocol

Weeks 0-2:

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

Weeks 2-6:

- 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.

Weeks 6-12:

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

Week 12-6 Months:

- No immobilization.
- Progress with strengthening.
- Allow light bench press.

May resume full strengthening activities at 6 months



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