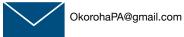


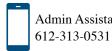
## **Pectoralis Major Repair Rehabilitation Protocol**

| Phase       | Goals  | Precautions/Restrictions   | Treatment  |
|-------------|--|--|--|
| Weeks 0-6   | <ul> <li>Protect surgical site</li> <li>Decrease pain and inflammation</li> <li>PRICE principles</li> <li>Maintain integrity of repair</li> <li>Improve scapular mechanics</li> </ul>  | <ul> <li>No lifting of any object</li> <li>Wear immobilizer with bolster except for hygiene and exercise performance (6 weeks)</li> <li>No ROM x 2 weeks</li> </ul>  | <ul> <li>Active assisted range of motion of elbow, wrist and hand.</li> <li>Scapular retraction</li> <li>Week 2-3: Core training may be initiated</li> <li>Cryotherapy: 5-7times per day</li> <li>Begin Passive shoulder ROM at 2 weeks         <ul> <li>Supine FF to 90 degrees, ER to 30 degrees</li> </ul> </li> </ul>  |
| Weeks 6-12  | <ul> <li>Maintain integrity of repair</li> <li>Progress PROM</li> <li>Initiate AAROM to AROM         <ul> <li>Goals at week 12:</li> <li>Full ER</li> <li>135° flexion,</li> <li>120° abduction</li> </ul> </li> <li>Normal scapular mechanics at week 12</li> <li>Improve muscle activation</li> <li>Improve motor control</li> </ul> | <ul> <li>Sling worn for comfort beginning week 6, wean as tolerated</li> <li>Do not force motion</li> <li>No weight bearing through involved shoulder</li> <li>No resisted IR or adduction</li> <li>Keep all strengthening exercises below the horizontal plane</li> </ul> | <ul> <li>Week 6: PROM in all planes as tolerated.</li> <li>Week 8: AAROM initiated and advanced to AROM as tolerated</li> <li>Week 8: Shoulder isometrics may be initiated</li> <li>Week 8: Begin resistive exercises for: scapular stabilizers, biceps, triceps, and rotator cuff. (below horizontal plane)</li> <li>Week 8: Core/LE training <ul> <li>Single plane/multi joint exercises</li> <li>Balance/proprioception</li> </ul> </li> <li>Week 6: FOTO, QuickDASH</li> </ul>   |
| Weeks 12-16 | <ul> <li>Maintain integrity of repair</li> <li>Progress RTC exercises</li> <li>Progress scapular stabilizer strengthening</li> <li>Full range of motion without compensation</li> </ul>  | <ul> <li>Do not force motion</li> <li>No weight bearing through involved shoulder</li> </ul>   | <ul> <li>Advancement to isotonic exercise program per tolerance in all planes</li> <li>Week 12: Begin muscle endurance exercise on upper body ergometer</li> <li>Week 12: Cycling and Running permitted</li> </ul>   |
| Weeks 16-24 | <ul> <li>Address any remaining<br/>asymmetries in strength,<br/>endurance and movement<br/>patterns</li> <li>Initiation of power<br/>development in athletes</li> </ul>  | <ul> <li>May begin loading through<br/>shoulder and initiate push-ups<br/>and bench press</li> <li>Avoid aggravation of repair</li> <li>Continue with low impact<br/>activity</li> </ul>   | <ul> <li>Continue with multiplane strength and initiate multiplane stretching.         <ul> <li>Avoid aggravation of repair</li> </ul> </li> <li>Advance proprioception exercises</li> <li>Anaerobic and aerobic interval training (low impact)</li> <li>Week 16: Core/LE training         <ul> <li>Light loading through shoulder begins</li> <li>Multi plane/multi joint exercises</li> <li>Balance/proprioception</li> </ul> </li> <li>Week 20: Initiate plyometric activity</li> <li>Week 20: Initiate interval sports program         <ul> <li>Met strength and mobility goals</li> <li>Begin throwing program, running program, golf program</li> </ul> </li> <li>Week 16: HHD testing (per MD)</li> </ul> |
| Weeks >24   | <ul><li>Initiate return to sport progression</li><li>Initiate plyometric exercise</li></ul>  | <ul> <li>Focus on form and control<br/>during exercise performance</li> <li>Use of appropriate work rest</li> </ul>  | <ul> <li>Low level sport specific activity, progressing to<br/>higher demand activity</li> <li>Continue with Anaerobic and aerobic interval</li> </ul>   |
|             |  | 600 Hennepin Avenue,   | Admin Assistant  |





600 Hennepin Avenue, Minneapolis MN 55403



Admin Assistant

progression

• Initiate higher level impact activity

intervals

- Assess tolerance to activity during, after and at 24 hours after activity
- No lifting greater than 50% pre op 1RM until 6 months post op

training

- Continue with core stability
- Stability in all planes of motion
- Progress plyometric activities
- Week 24: FOTO, QuickDASH

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.

Each patient's progress may vary based on specifics of their injury and procedure.



