



Physical Therapy Protocol – Pectoralis Major Repair

Diagnosis: R / L pectoralis major repair

Date of Procedure: _____

Frequency: 2-3 Times Per Week for ____ weeks, beginning 2 weeks after surgery

Weeks 0-8:

- **Sling with pillow at all times except hygiene for 6 weeks**
- **Range of Motion:** gentle supine PROM and AAROM as tolerated; avoid horizontal adduction
- **Exercises:** elbow/wrist ROM and grip strengthening *only* for the 1st 2 weeks
 - o **Weeks 2-8:** begin pendulums, closed chain scapular stabilizers, deltoid/RTC isometrics while supine or with gravity eliminated; no lifting with involved extremity
- **Modalities:** per therapist, including e-stem, ultrasound, heat before and ice following therapy

Weeks 8-16:

- **Ok to wean out of sling unless in crowd or slippery environment**
- **Range of motion:** advance PROM and AROM as tolerated
- **Exercises:** begin active-assist exercises in all planes; initiate scapular AROM exercises; *no lifting > 5 Lbs*; begin vertical positioned (upright) strengthening at **week 12**
- **Modalities:** per therapist to include e-stem, ultrasound, heat before and ice following therapy

Weeks 16-24:

- **Range of motion:** progress to full AROM in all planes
- **Exercises:** continue Phase II, begin sport-specific exercises at week 20 if cleared by MD and return to sport at 24 weeks pending MD approval