



PHYSICAL THERAPY SECTION
WILLIAM BEAUMONT ARMY MEDICAL CENTER
5005 N. PIEDRAS ST
EL PASO, TEXAS 79920



PECTORALIS MAJOR REPAIR

Revised May 2005

Post-op Days 1 – 14

Shoulder Immobilizer x 6 weeks – Even while sleeping
– Place pillow under shoulder / arm while sleeping for comfort
Hand squeezing exercises
Elbow and wrist AROM with shoulder in neutral position at side
Stationary bike (must wear immobilizer)

Goals

Pain control
Protection

Weeks 2 – 4

Continue immobilizer x 6 weeks
Continue appropriate previous exercises
Supported pendulum exercises
Resisted elbow / wrist exercises with light dumbbell (< 5#), shoulder in neutral

Goals

Pain control
Protection

Weeks 4 – 6

Continue immobilizer x 6 weeks
Continue appropriate previous exercises
Shoulder shrugs, scapular retraction without resistance
AAROM supine with wand – Flexion to 90 degrees
1-2 Finger Isometrics x 6 (fist in box)

Goal – Supine AAROM Flexion to 90 degrees

Weeks 6 – 8

D/C Immobilizer
Continue appropriate previous exercises
AROM in pain-free range as tolerated, **No PROM**
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AAROM (pulleys, supine wand, wall climb)
– Flexion > 90 degrees
– Abduction and ER to tolerance
– IR and extension (wand behind back)
Submaximal isometrics (continue 1-2 fingers for IR)
Elliptical trainer – LEs only
Treadmill – Walking progression program

Goal – AROM Flexion to 120 degrees, Abduction to 90 degrees

Weeks 8 – 12

Continue appropriate previous exercises
AROM, AAROM through full range, **No PROM**
Light Theraband ex – ER, Abduction, Extension
Biceps and Triceps PREs
Prone scapular retraction exercises (without weights)
Push-up plus on wall – No elbow flexion > 90 degrees
Body blade
BAPS on hands
Ball on wall (arcs, alphabet)
Elliptical trainer (upper and lower extremities)
Pool walking / running – No UE resistive exercises

Goals

Full AROM
30 wall push-ups

Months 3 – 4

Continue appropriate previous exercises
PROM / mobilization as needed to regain full ROM
Light Theraband ex – IR, Adduction, Flexion, Scaption
– Continue ER, Abduction, Extension with increased resistance
Push-up progression – Wall to table to chair (no elbow flexion > 90 degrees)
Weight training with **VERY LIGHT** resistance (no flies or pull downs)
– No elbow flexion > 90 degrees
– Bench press
– Seated row weight machine
– Cable column
Ball toss with arm at side using light ball
UBE forwards and backwards at low resistance
Stairmaster
Treadmill – Running progression program
Pool walking / running – With UE resistance (No swimming)

Goals

30 table push-ups
Run 2 miles at easy pace

Months 4 – 6

Continue appropriate previous exercises with increased resistance
Fitter on hands
Ball toss overhead
Push-up progression – Chair to regular
Sit-ups
Weight training with increasing resistance

- No elbow flexion > 90 degrees
- Military press, lat pull downs, flies
- Gravitron for pull-ups and dips

Swimming
Running progression to track
Transition to home / gym program

Goals

Normal Pectoralis Major strength
Resume all activities
Pass APFT at 6 months post-op

No contact sports until after 6 months post-op

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