

# 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***