PECTORALIS MAJOR REPAIR
Revised August 2008

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 active motion (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
Active assisted motion (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**
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 – Lower extremity 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
Stairmill
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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