



PHYSICAL THERAPY SECTION

PECTORALIS MAJOR REPAIR

Revised November 2016

Adapted from William Beaumont Army Medical Center

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
on wall – No elbow flexion > 90 degrees

Prone scapular retraction exercises (without weights) Push-up plus

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