



GOLDEN STATE ORTHOPEDICS & SPINE

PECTORALIS MAJOR REPAIR REHABILITATION PROGRAM

STAGE 1: WEEKS 0-2:

Goals: Pain control, protect repair

- Shoulder sling/immobilizer for 6 weeks
- Elbow, wrist and hand AROM exercises, shoulder in neutral position
- Stationary bicycle, walking wearing shoulder sling/immobilizer

STAGE 2: WEEKS 2-4:

Goals: Pain control, protect repair

- **Continue shoulder sling/immobilizer until 6 weeks post-surgery**
- **Continue previous exercises**
- Pendulum shoulder exercises

STAGE 3: WEEKS 2-6:

Goals: Supine PROM flexion to 90°, protect repair

- Continue shoulder sling/immobilizer until 6 weeks ' post-surgery'
- Continue previous exercises
- PROM and supine AAROM forward flexion up to 90°, with arm in adduction
- Shoulder shrugs, scapular retraction (no resistance)

STAGE 4: WEEKS 6-8:

Goals: Pain AROM flexion to 120°, abduction to 90°

- Discontinue shoulder sling/immobilizer
- Continue previous exercises
- AAROM:
 - Flexion > 90°
 - Abduction and ER to tolerance
 - IR and extension, arm behind back
- Submaximal isometrics
- Treadmill walking
- Elliptical Trainer without arm motion component, lower extremity only

STAGE 5: WEEKS 8-12

Goals: Full AROM

- Continue previous exercises
- AROM, AAROM through full motion.
- Light Theraband exercises for ER, abduction and extension
- Biceps and Triceps PRE



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- Prone scapular retraction exercises, no resistance
- Standing wall push-ups, no elbow flexion $>90^\circ$
- Elliptical Trainer, upper and lower extremities

STAGE 6: MONTHS 3-4:

Goals: Begin light strengthening

- Continue previous exercises
- Full ROM
- Light Theraband exercises, add IR, adduction and flexion
- Push-up progression: Wall Table Chair, no elbow flexion $>90^\circ$
- **Very light** resistive weight training, no pec flies, bench press or pull downs, no elbow flexion $>90^\circ$
- Seated Rows
- Single Arm Pulleys/Cables for IR, forward elevation and adduction
- RTC and periscapular strengthening
- Treadmill running
- Ball toss with arm at side, light weight

STAGE 7: MONTHS 4-6:

Goals: Maintain pain-free full ROM

- Advance strengthening
- Gradual return to functional activities
- Continue previous exercises with increasing resistance
- Overhead ball toss
- Full running program .
- Swimming
- Weight training with increasing resistance
- May initiate pull downs and pec flies with light resistance
- No bench press

STAGE 8: MONTHS 6+:

Goals: Maintain pain-free full ROM

- Gradual return to recreational sports and/or strenuous work activities
- Full activities as tolerated
- Continue previous exercises with increasing weight/resistance
- May perform bench press, light weight and high repetition
- Advance weight as tolerated
- **Recommend indefinitely avoiding high weight, low repetition**