
Pectoralis Major Repair Physical Therapy Protocol

Phase I: Immediate Post-operative "Restrictive Motion" (Weeks 0 to 6)

Goals

- Protect anatomic repair
- Prevent negative effects of immobilization
- Diminish pain and inflammation

Brace

- Discontinue use after six weeks unless otherwise advised by Dr. Kendall
- Sleep in immobilizer for six weeks

Weeks 0 to 2

Range of Motion

- **Week 1**
 - Flexion: 60 degrees
 - External rotation: neutral
 - Internal rotation: as tolerated
- **Week 2**
 - Flexion: 75 degrees

Exercises

- **No active internal rotation**
- **Avoid passive and active abduction**
- Elbow/wrist/hand exercises
 - Passive and gentle active assistive range of motion exercises per guidelines above
- Cryotherapy and modalities for pain and inflammation every hour for 20 minutes

Weeks 3 to 4

Range of Motion

- **Week 3**
 - Flexion: 90 degrees
 - External rotation: 10 to 1 degrees
 - Abduction: 30 degrees

Exercises

- Continue passive and gentle active assistive range of motion exercises per guidelines above (may add abduction passive range of motion)
- Continue cryotherapy for pain management

Weeks 5 to 6

Range of Motion

- **Week 5**
 - Flexion: 145 degrees
 - External rotation: 15 to 30 degrees
 - Abduction: 45 degrees

Exercises

- Continue passive and gentle active assistive range of motion exercises per guidelines above
- Initiate isometrics (no internal rotation)
- Initiate “full can” exercises (weight of arm)
- Continue cryotherapy for pain management

Phase II: Intermediate Post-operative “Moderate Protection” (Weeks 7 to 12)

Goals

- Gradually restore full range of motion
- Preserve the integrity of the surgical repair
- Restore muscular strength and balance

Weeks 7 to 9

Range of Motion

- **Week 7**
 - Flexion: 180 degrees
 - External rotation: 30 to 70 degrees
 - Internal rotation: 70 to 75 degrees
 - Abduction: 90 degrees
- **Week 8**
 - External rotation: 90 degrees
 - Abduction: 120 degrees

Exercises

- Continue passive and gentle active assistive range of motion exercises per guidelines above
- Continue to progress isotonic strengthening program

Weeks 10 to 12

Range of Motion

- **Week 10**
 - Progress to full range of motion

Exercises

- Progress to full range of motion
- May initiate slightly more aggressive strengthening (no pectoralis major strengthening)
- Progress isotonic strengthening exercises
- Continue all stretching exercises (progress range of motion to functional demands)
- Continue all strengthening exercises

Phase III: Minimal Protection (Weeks 12 to 24)

Criteria to Progress to Phase III

- Full, non-painful range of motion
- Satisfactory muscle strength
- No pain or tenderness

Goals

- Establish and maintain full range of motion
- Improve muscular strength, power and endurance
- Gradually initiate functional activities

Weeks 12 to 16

Exercises

- Continue strengthening exercises
- May begin light resisted internal rotation
- Progress to a “push up” by week 16
- Restricted sport activities (light swimming, half golf swings)

Weeks 16 to 24

Exercises

- Continue all exercises listed above
- Continue all stretching
- Gradually increase functional activities

Phase IV: Return to Activity (Months 6 to 9)

Criteria to Progress to Phase IV

- Full functional range of motion
- Good muscular performance
- No pain or tenderness

Goals

- Gradual return to sport activities
- Maintain strength, mobility and stability

Exercises

- Gradually progress sport activities to unrestrictive participation
- Continue with stretching and strengthening programs