
Pectoralis Major Repair



UT★Physicians
Orthopaedic Surgery

Post-Operative Rehabilitation Protocol

Ironman Sports Medicine Institute
1st Edition

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Orthopaedic Surgery

Pec Major Repair Protocol

PHASE 1 - ACUTE (0-6 Weeks)

PHASE GOALS: PROTECT REPAIR & MANAGE SYMPTOMS

RANGE OF MOTION

0-2 WEEKS - QUIET IN SLING

2-4 WEEKS - PASSIVE FLEX TO 90 & ER TO 45 (IN SCAPULAR PLANE)

4-6 WEEKS - PROGRESS PASSIVE FLEX 140 & ER TO 60

SLING USE

0-4 WEEKS - FOR COMFORT AND USE OUTSIDE OF HOME

4+ WEEKS - DC PER MD

STRENGTHENING & CONDITIONING

**0-2 WEEKS - ACTIVE ELBOW WRIST & HAND ROM
BIKING & ELLIPTICAL (IN SLING)**

**2-4 WEEKS - LIGHT 3-WAY ISOMETRICS AT 0 DEG (FLEX, ABD, EXT)
SCAPULAR RETRACTIONS & BENT OVER ROWS
LOWER EXTREMITY STRENGTHENING (IN SLING)
BIKING & ELLIPTICAL (IN SLING)**

**4-6 WEEKS - LIGHT BAND ROWS (NO EXTENSION PAST MID-LINE)
RESISTED BAND EXTERNAL ROTATION
LOWER EXTREMITY STRENGTHENING (LUNGES, SQUATS)
LADDER DRILLS, SLIDE BOARD (IN SLING)**

CRITERIA FOR PROGRESSION

- **TIME: 6 WEEKS POST-OP**
- **< 2/10 PAIN ON NUMERIC PAIN RATING SCALE (NPRS)**
- **DC SLING PER MD**

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PHASE 2 - INTERMEDIATE (6 -12 Weeks)

PHASE GOALS: PROGRESS OVERHEAD ROM, NORMALIZE JOINT MOBILITY, ENHANCE UE STRENGTH

RANGE OF MOTION

6-8 WEEKS - PROGRESS FLEX & ER (AT SIDE) TO FULL

8-10 WEEKS - PROGRESS OVERHEAD FLEX / ER (AT 90 ABD) TO FULL

10-12 WEEKS - FULL SYMMETRY & GLENOHUMERAL JOINT MOBS

STRENGTHENING

**6-8 WEEKS - RESISTED ROWS, SHOULDER EXTENSION, & ER
INTERNAL ROTATION ISOMETRICS**

**8-12 WEEKS - PROGRESS RESISTED ROWS, EXTENSIONS, & ER
LIGHT RESISTED INTERNAL ROTATION
RESISTED BICEPS & TRICEPS
LOWER EXTREMITY STRENGTHENING (LUNGES, SQUATS)**

CONDITIONING

6-10 WEEKS - INITIATE JOGGING, LADDER DRILLS, SLIDE BOARD

10-12 WEEKS - INITIATE SPRINTING, PLYOMETRIC JUMPING

CRITERIA FOR PROGRESSION

- **12 WEEKS POST-OP FOR HEALING**
- **0 / 10 PAIN ON NPRS**
- **> 95% ROM SYMMETRY**
- **70% ER STRENGTH SYMMETRY**

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PHASE 3 - PLYOMETRICS & POWER (12-20 Weeks)

PHASE GOALS: INTRODUCE PLYOMETRICS & POWER MOVEMENTS, CONTINUE STRENGTHENING

RANGE OF MOTION

12+ WEEKS - FULL SYMMETRY

STRENGTHENING & PLYOMETRICS

**12-16 WEEKS - INITIATE LIGHT DUMBBELL PRESSING
PUSH-UP PROGRESSION (WALL -> FULL)
PROGRESS RESISTED INTERNAL ROTATION
TRAMPOLINE BALL-TOSSES**

16-20 WEEKS – FULL RESISTED UPPER BODY STRENGTHENING

THROWING & CONDITIONING

16+ WEEKS - INITIATE INTERVAL THROWING PROGRAM (MD APPROVAL)

16-20+ WEEKS - FULL LE STRENGTHENING, PLYOMETRICS & AGILITY

CRITERIA FOR PROGRESSION

- **0 / 10 PAIN ON NPRS**
- **ER & IR STRENGTH SYMMETRY \geq 90% NORMAL**
- **\geq 60% ER / IR STRENGTH RATIO**
- **\geq 90% SYMMETRY - SEATED SHOT-PUT TEST**

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PHASE 4 - RETURN TO PLAY (20+ Weeks)

PHASE GOALS: INITIATE SPORTS SPECIFIC ACTIVITIES & RETURN TO PLAY

STRENGTHENING & PLYOMETRICS

**16-20 WEEKS - PROGRESS RESISTED ROWS, EXTENSIONS, & ER
LIGHT RESISTED INTERNAL ROTATION
RESISTED BICEPS & TRICEPS**

THROWING & CONDITIONING

20+ WEEKS - INITIATE MOUND PROGRESSION (MD APPROVAL)

16-20+ WEEKS - FULL LE STRENGTHENING, PLYOMETRICS & AGILITY

CRITERIA FOR RETURN TO PLAY

- **0 / 10 PAIN ON NPRS**
- **ER & IR STRENGTH SYMMETRY \geq 90% NORMAL**
- **\geq 60% ER / IR STRENGTH RATIO**
- **\geq 90% SYMMETRY - SEATED SHOT-PUT TEST**
- **MD APPROVAL**