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Pectoralis Repair Protocol

Patient Name: _____ **Date of Birth:** _____

Diagnosis: _____ **Date of Surgery:** _____

Week 0-3:

- sling, with pendulums only

Weeks 3-6:

- Repairs that are acute and/or do not require mobilization or are tension free: d/c sling and start PT at 3 weeks.
- Repairs that are under tension or require significant mobilization, 6 weeks sling and start PT then
 - PROM (FE to 130 with arm adducted), scapular isometrics. extensive mobilization or tension
 - Continue sling

Weeks 6-12:

- PROM progress to full over 6 weeks.
- Initiate active ROM.
- Periscapular strengthening.
 - Additionally, isometric strengthening exercises are begun, although the patient should avoid resisted shoulder adduction, internal rotation, and horizontal adduction.

At 3 months

- ROM should be full or nearly full, with an emphasis placed on regaining strength.
- Pectoralis major muscle strengthening is begun with single arm pulleys and bands and includes horizontal adduction, internal rotation, forward elevation, and shoulder adduction exercises.
- Rotator cuff and periscapular strengthening exercises also are included in the strengthening program.

6 months

- Patient may begin push-ups and dumbbell bench presses with light weight and high repetition.

9 months: full activity

Please Send Progress Notes