



Mercy Sports Medicine Institute &
Joint Preservation Center

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PECTORALIS MAJOR REPAIR

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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

Prone scapular retraction exercises (without weights)

Push-up plus on wall – No elbow flexion > 90 degrees

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