



# Mid-America Orthopedics

**Dr. John Babb**

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## **PECTORALIS MAJOR REPAIR PROTOCOL**

### **First Visit**

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- PT removes bandages on POD #3, keep steri-strips intact until Dr Babb can remove them.
- No ointments, betadine etc should be used on the incisions or portals.
- If any drainage/oozing is present recover with 4x4's, and notify Dr Babb (may need antibiotics).
- **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
- If any wounds are oozing delay range of motion until wounds are closed and healed.
- **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are scars
- **Sling: No pillow. Worn at all times for first 6 weeks; may come out of sling for PT**

### **Day 1-41**

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- **Sling: Sling on at all times/no pillow. Only time out of sling is in PT.**
- **ROM:**
  - Pendulum exercises
  - Passive forward flexion 0-130 degrees
  - AROM and PROM of neck, elbow, wrist and hand performed several times a day
  - **No active abduction, forward flexion, ER, IR, shoulder adduction or horizontal adduction**

### **6 - 12 Weeks Post-op**

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- **Sling: D/C**
- **ROM:**
  - Begin Gentle PROM all planes
  - Increase flexion and IR ROM
- **Strengthening:**
  - Begin periscapular strengthening
  - Isometric strengthening exercises
  - **No active IR, shoulder adduction or horizontal adduction**

### 3 Months Post-op

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- **ROM:**
  - Should be full ROM at this point
- **Strengthening:**
  - Begin progressive, resisted strengthening
  - Include strengthening of IR, shoulder adduction, horizontal adduction, and forward elevation
  - Arm bands and pulleys
  - Continue periscapular strengthening
  - Begin rotator cuff strengthening
  - **Patient advised to not perform dips, push-ups, bench press, flies or military press**

### 6 Months Post-op

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- **Strengthening:**
  - Begin slow advance into using light weights with high repetition bench press and push ups

### 9-12 Months Post-op

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- **Strengthening:**
  - Return to full activities: all types of weight exercises
  - **Heavy weight, low repetition exercises involving the pectoralis major muscle are discouraged indefinitely (particularly with flat barbell bench press)**

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.