



Mid-America Orthopedics

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PECTORALIS MAJOR REPAIR PROTOCOL

Phase 1: 0-6 weeks

Pillow sling

- 0-3 weeks at all times but may remove for exercise
- 3-6 weeks daytime only, may remove for sleep

ROM

- 0-3 weeks: None
- 3-6 weeks: begin PROM, limit 90° shoulder flexion, 45° ER, 20° EXT, and 45° ABD

Exercises

- 0-3 weeks elbow/wrist ROM, grip strengthening at home only
- 3-6 weeks begin PROM, Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule.

Phase 2: 6-12 weeks

ROM

- Begin AROM/AAROM, and PROM to tolerance
- Goals: full ER, 135° FL, 120° ABD

Exercises (No resisted IR/ADduction)

- Continue phase 1 work and begin active assisted exercises
- Deltoid/rotator cuff isometrics start at 8 weeks
- *Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff*
- Initiate closed-chain scapula

Phase 3: 12-16 weeks

ROM

- Gradual return to full AROM

Exercises

- Advance activities in phase
- Emphasize external rotation and latissimus eccentrics, glenohumeral stabilization
- Begin muscle endurance activities (upper body ergometer)
- Cycling/running okay at 12 weeks

*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase 2

Phase 4: 4-5 months**

ROM

- Full and pain free

Exercises

- Plank/pushups to begin at 16 weeks
- Aggressive scapular stabilization and eccentric strengthening
- Begin plyometric and throwing/racquet program
- Continue with endurance activities
- Maintain ROM and flexibility

Phase 5: 5-7 months

Exercises

- Progress phase 4 activities
- Return to full activity as tolerated.

**Limited return to sport activities

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.