



PEC REPAIR

PHYSICAL THERAPY PROTOCOL

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Patient Name: _____ **Date of Surgery:** _____

Procedure: **Right / Left Pectoralis Major Repair**

___ **Evaluate and Treat** ___ **Provide patient with home program**

Frequency: _____x/week x _____weeks

___ **Phase I (0-6 wks):** *Period of protection: In general, sling should be worn at all times during this phase (except for hygiene and PT). Passive shoulder ROM only (ie. NO active ROM, especially IR/adduction). No shoulder strengthening until after 6 wks.*



Weeks 0-1:

- Sling at all times (except for hygiene and pendulums).
- Home exercises (pendulums, elbow + wrist ROM, grip strengthening).

Weeks 1-6: Begin formal PT (2-3 x/wk).

- Sling at all times (except for hygiene and PT).
- ROM: PASSIVE ROM ONLY: forward elevation should ONLY be performed with the arm **adducted** and is limited to 130 deg; ER (arm at side) limited to neutral, IR to belly.
 - Goals by 6 wks: flex (with adducted arm) 130 deg, ER 0 deg, IR belly. Heat before, ice after.
- Strengthening: NONE except grip strengthening.

Phase II (6-12 wks): Transition to active motion and protected strengthening.

- D/C sling if cleared by MD
- ROM: Light passive stretching at end ranges. Begin AAROM (canes, pulleys, etc.) and progress supine to vertical; gradually progress to AROM after 8 weeks.
 - Goals: full motion by 12 weeks.
- Strengthening:
 - Begin periscapular, deltoid and cuff isometrics with arms below shoulder level @ 6wks, BUT AVOID ANY ADDUCTION/INTERNAL ROTATION.
 - No resisted shoulder motions until after 12 wks.

Phase III (3-12 months): Begin more aggressive strengthening and progress to sport-specific/occupation-specific rehab.

- ROM: Aggressive passive stretching at end ranges. Advance to full active ROM as tolerated.
- Strengthening/Activities:
 - @ 3 months
 - Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers and pec (*Only do this 3x/wk to avoid cuff tendonitis*)
 - @ 4.5 months, begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*)



and progress to sports-specific/job-specific rehab and advanced conditioning

- @ 6 months - if full-strength achieved - can return to light tossing (throwers), light weight/high rep push-ups/bench press
- @ 9-12 months, return to full-activities
- Work:
 - Overhead work without lifting is usually possible @ 4.5-6 months, with light weight at 6-7 months
 - Can resume heavy labor once full-strength achieved (usually by 9-12 months)

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient ___ would ___ would not benefit from social services.

Date:_____

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