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PECTORALIS MAJOR REPAIR

Post-op Days 1 – 14

Shoulder Immobilizer x 4 weeks – Even while sleeping
 – Place pillow under shoulder / arm while sleeping for comfort
 Hand squeezing exercises
 Elbow and wrist AROM with shoulder in neutral position at side
 Stationary bike (must wear immobilizer)
 Supported pendulum exercises

Goals

Pain control
 Protection

Weeks 2 – 4

Continue immobilizer x 4 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

D/C Immobilizer
 Continue appropriate previous exercises
 Shoulder shrugs, scapular retraction without resistance
 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

Continue appropriate previous exercises
 AROM in pain-free range as tolerated, **No PROM**
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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

Source:

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