**Pectoralis Major Repair**

Goals:

* Sling for 4-6 weeks
* Pendulums start immediately
* Full ROM by 12 weeks post op

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| Post Op Time: | Exercise Progression |
| Week 0-2 | * Pendulum exercises * No active motion |
| Week 2 | * Week 2: start 0° of passive external rotation |
| Week 3 | * Week 3: Start 15° of passive external rotation   -Increase by 15° of external rotator/week following week 3   * Start 90° of passive forward flexion * Start 45° of passive abduction * Initiate rotator cuff isometrics |
| Week 6 | * Increase passive forward flexion to 125°   -Increase by 15° every 2 weeks   * Increase passive abduction to 75°   -Increase by 15° every 2 weeks   * Start progressive active ROM * Can begin resisted internal rotation and adduction |
| Week 7-11 | * Start periscapular strengthening * Start gentle isometrics |
| Month 3 | * Full ROM * Start pec strengthening with single arm pulleys and bands * Include RC strengthening and periscapular exercises |
| Month 6 | * May start bench pressing / pushups with light weight |
| Return to play | * Return in 8-12 months * Must be cleared by physician |