**Pectoralis Major Repair**

Goals:

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

|  |  |
| --- | --- |
| 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
 |