

GEOFFREY S. VAN THIEL, MD/MBA

Assistant Professor - Rush University Medical Center

Team Physician - US National Soccer Teams

Team Physician - Chicago Blackhawks Medical Network - Ice Hogs

www.VanThielMD.com - VanThielMD@orthoillinois.com

Fax: (815) 381-7489 – Phone: (815) 381-7365



SPORTS MEDICINE SURGERY – HIP ARTHROSCOPY

Follow us on Twitter and Facebook: @VanThielMD & Facebook.com/VanThielMD

– Cutting edge information on the arthroscopic treatment of the hip, knee and shoulder –

REHABILITATION PROTOCOL

Pectoralis Major Repair

Phase I (post op 1 - 7 days)

- Sling: Worn at all times until status-post 6 weeks, even while sleeping
- ROM: Elbow, wrist, and hand AROM with shoulder in neutral position at side
- Strengthening: None
- Stationary bike: must wear immobilizer
- Goals: Pain control and protection

Phase II (post op 7 days – 6 weeks)

- Sling: Continue immobilizer until 6 weeks post-op.
- ROM:
 - Continue appropriate previous exercises
 - Supported pendulum exercises
 - Shoulder passive ROM only:
 - Keep arm in front of axillary line (no shoulder extension).
 - Supine FF to 90 degrees
 - ER to 30 degrees
- Strengthening:
 - Elbow/wrist:
 - Less than 5 pounds
 - Shoulder in neutral
- Goals: Pain control and protection

Phase III (post op 6 weeks – 12 weeks)

- Sling: Discontinue at 6 weeks

- ROM:
 - Continue appropriate previous exercise
 - AAROM supine with wand-flexion to 90 degrees
 - AAROM: pulleys, supine, wall climb in pain-free limits
 - Flexion > 90 degrees
 - Abduction and ER to tolerance
 - IR and extension (wand behind back)
- Goals (6-8 weeks): AROM flexion to 120 degrees; abduction to 90 degrees
- Strengthening:
 - Isometrics:
 - 1 or 2 fingers x 6 reps progressing to a submaximal effort (continue 2 fingers only for IR)
 - Cuff/Scapular stabilizer strengthening
- Cardiovascular:
 - Elliptical trainer: LE's only
 - Treadmill: Walking progression program

Phase IV (post op 12 weeks plus)

- ROM:
 - AROM/AAROM through full range
- Strengthening:
 - Prone scapular retractions
 - Body blade
 - BAPS on hands
 - Ball on wall (alphabet, circles)
 - Wall pushups NO ELBOW FLEXION PAST 90 degrees
 - Light theraband shoulder ER, abduction, extension (add IR after 12 weeks)

NO CONTACT SPORTS UNTIL 6 MONTHS POST OP

Adapted from:

1) Vonasek, LM, Warme, WJ. Pectoralis major repair. William Beaumont Army Medical Center. El Paso, TX: 2005