

REHABILITATION PROTOCOL

Pectoralis Repair Protocol

Post-Operative Phase I (Weeks 0-4)

Emphasize:

- Protection of surgical repair
- No horizontal abduction or external rotation

GOALS:

- ROM:
 - FF to 120° with arm adducted
 - Full Distal ROM
 - ER to 0°
- Initiate Distal Strengthening
- Minimize pain and edema

PRECAUTIONS:

- Sling 4-6 weeks when not exercising
- No humeral extension behind mid-line of body
- No resisted internal rotation
- No resisted horizontal adduction

TREATMENT RECOMMENDATIONS:

- Gentle passive ROM in supine to 90°, ER to 0°
- Generous use of ice
- Supine therapist assisted PROM
- Supine patient AAROM
- Pendulums, Distal AROM
- Wrist curls
- Bicep/Tricep strengthening at 4 weeks
- TENS with ice

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Post-Operative Phase II (Weeks 4-8)

GOALS:

- Wean from use of sling at 6 weeks
- Restore full passive FF
- Restore ER to 60° by 8 weeks
- Restore normal scapular stability and scapulohumeral rhythm
- Increase strength
- Increase endurance

TREATMENT RECOMMENDATIONS:

- Continue phase I exercises as appropriate
- Supine therapist assisted PROM
- Patient A/AAROM
- Manual scapular exercises in side lying
- Active scapular retraction in seated or standing
- Scapular retraction with elastic bands (week 6)
- Physioball stabilization exercise (week 6)
- Isometric deltoid strengthening: anterior, posterior, and middle
- Manually resisted isometric IR and ER (week 6)
- Upper body ergometry (week 6)
- Sub max wall isometric IR and ER (week 7-8)

PRECAUTIONS:

- No active adduction
- Avoid pain with therapeutic exercise & functional activities
- No humeral extension posterior to midline

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Post-Operative Phase III (Weeks 8-12)

GOALS:

- Restore Full ROM
- Improve scapular strength
- Improve rotator cuff strength
- Initiate light resistive muscle strengthening exercises

TREATMENT RECOMMENDATIONS:

- Wand exercises
- Pulleys
- Serratus punch, seated row (arc)
- Rotator cuff strengthening with elastic bands
- Dumbbell press (light weights)
- Wall pushup
- Horizontal Adduction (flys)

PRECAUTIONS:

- Avoid pain with therapeutic exercise & functional activities
- No humeral extension posterior to midline

Post-Operative Phase IV (Weeks 12-20)

GOALS:

- Increase flexibility
- Increase strength

TREATMENT RECOMMENDATIONS:

- Gentle pectoral stretches
- Continue pectoralis strengthening (dumbbell press, chest press, flys, push-ups)
- Continue scapular strengthening

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- PNF diagonal patterns (D1 and D2 flexion and extension)
- Initiate plyometric program

PRECAUTIONS:

- Avoid pain with therapeutic exercise & functional activities
- Avoid sport activity till adequate strength development and MD clearance

Post-Operative Phase V (Weeks 20-?)

GOALS:

- Return to gym program
- Sports specific activities depending on sport

TREATMENT RECOMMENDATIONS:

- Continue to advance UE strengthening and flexibility
- Advance plyometric program

PRECAUTIONS:

- Avoid high weight, low repetition bench pressing
- Avoid sport activity till adequate strength development and MD clearance