



Pectoralis Major Repair Rehab Guidelines

- ▲ Sling for 4-6 weeks
- ▲ Pendulums started immediately

0-6 weeks post op

- Pendulums exercises
- Passive Forward flexion to 130 degrees in ADDUCTED position
- No Active Motion

6 weeks - 3 months post op

- Increase Passive motion as tolerated
- Goal: **Full ROM by 12 weeks post-op**
- Start A/AAROM in all planes
- Start Periscapular Strengthening
- Start Gentle Isometrics
- Avoid active adduction, internal rotation and horizontal adduction

3 months post op

- Rom should be near full
- Start Pectoralis Major Strengthening with Single Arm Pulleys and Bands
- Include RC Strengthening & Periscapular exercises

6 months

- May start Bench Pressing with light weight and high repetition, Begin push-ups
- Goal: Return to full activities @ 9-12 months
- Goal: Increase High weight, low repetition barbell.
- Bench pressing is discouraged indefinitely

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