

Jay F. Deimel, MD

ORTHOPAEDIC SURGERY

SPORTS MEDICINE

PECTORALIS MAJOR REPAIR POST OPERATIVE PHYSICAL THERAPY PROTOCOL

Phase I: WEEKS 0-4

- **Sling Immobilizer:** Worn at all times – Sleep with pillow under elbow to support the operative arm
- **Range of Motion:** Supported pendulum exercises under guidance of PT
- **Therapeutic Exercises:** Elbow and wrist active motion (with shoulder in neutral position at the side), hand exercises, patient may ride stationary bike with operative arm in the sling

Phase II: WEEKS 4-6

- **Sling Immobilizer:** Worn at all times – Sleep with pillow under elbow to support the operative arm
- **Range of Motion:** PROM / AAROM in the supine position with wand. Goal: Forward Flexion to 90 degrees
- **Therapeutic Exercises:** Elbow and wrist active motion (with shoulder in neutral position at the side), hand exercises, shoulder shrugs/scapular retraction without resistance

Phase III: WEEKS 6-8

- **Sling Immobilizer:** May be discontinued by therapist.
- **Range of Motion:** AROM in the pain free range – Continue PROM, AAROM (pulleys, supine wand, wall climb) Goals: Forward Flexion to 120 degrees and Abduction to 90 degrees, ER to tolerance, IR and Extension (wand behind the back)
- **Therapeutic Exercises:** Elbow and wrist active motion (with shoulder in neutral position at the side), hand exercises, submaximal isometrics

Phase IV: WEEKS 8-12

- **Range of Motion:** AROM and AAROM in the pain free range. Goals: Full ROM
- **Therapeutic Exercises:** Light Theraband (ER, Abduction, Extension), Biceps and Triceps PREs, Prone Scapular Retraction Exercises (without weights), Wall Push-Ups (no elbow flexion > 90 degrees)

Phase V: MONTHS 3-6

- **Range of Motion:** Full ROM
- **Therapeutic Exercises:** Light Theraband (ER, Abduction, Extension) with increasing resistance, May start lightweight training (no flies or pull downs) based upon progression with therapist and MD approval, progress to regular Push-Ups

**Return to full activities and contact sports as directed by MD and therapist.

***Please direct questions to Dr. Deimel and his team at 814-454-2401.**