

## Pectoralis Major Repair

**Dr. Matthew Hwang**

Emphasis on high repetition and low weight

Minimal to no pain during or after exercises (fatigue is OK)

No PROM or pulleys unless specifically indicated by physician

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Stage I 0-6 weeks  2-4 visits	Cryotherapy No Ultrasound, No iontophoresis.  Sling x 4 weeks Codman's pendulum, elbow and wrist ROM, grip strength  Precautions: NO PROM, No resisted IR or ADD until 12 weeks post op. No IR behind back until 9 weeks post op No ABD beyond 60° until 9 weeks post op No ER in neutral position beyond 45° until 9 weeks postop No ER in abducted position until 13 weeks postop	Minimize post operative stiffness while protecting the repair
Week 5	Begin strengthening/ROM AAROM forward flexion in IR to 90° Start wand or supine progress to standing Scapular stabilization ex	AAROM to 90 forward flexion.
Stage II 7-12 weeks  3-6 visits	Continue to address ROM. Advance AAROM as tolerated: Flex to 140°, ER to 45°, ABD to 60°  Week 9+ Shoulder isometrics Advance flex as tolerated without resistance Advance abduction as tolerated without resistance Initiate AAROM and AROM with IR behind back.	AROM to predetermined limits with gradual PRE's

<p>Stage III 13 weeks to 6 months</p>	<p>Begin resisted weight training starting off light with gradual progression. Incorporate RC strengthening with scapular stabilization</p> <p>Perform ex slowly, exercises should not be painful. Exercise 4 x per week.</p>	<p>Return to Activity per MD</p>