

POST-OPERATIVE REHABILITATION PROTOCOL

## Pectoralis Major Repair

William McLaughlin, MD | Sports Medicine Surgery | Advanced Bone & Joint

### Phase 1 | 0-2 Weeks

#### GOALS FOR THIS PHASE

- Sling at all times.
- Keep incision dry.
- Begin active/passive elbow, wrist, and hand ROM.

#### Immobilization

- Sling at all times.
- Keep incision dry.

#### Therapeutic Exercises

- May begin active/passive elbow/wrist/hand ROM.

### Phase 2 | 2-6 Weeks

#### GOALS FOR THIS PHASE

- Continue sling.
- Continue elbow/wrist/hand ROM.
- Begin shoulder passive ROM with strict capsular protection.
- Keep arm in front of the axillary line — no shoulder extension.
- Initiate cuff isometrics.

#### Immobilization

- Continue sling.

#### Therapeutic Exercises

- Continue elbow/wrist/hand ROM.

#### Range of Motion

- Shoulder passive ROM only.
- Keep arm in front of axillary line (no shoulder extension).
- Supine FF to 90°.

- ER to 30°.

### Strengthening

- Begin cuff isometrics.

## Phase 3 | 6-12 Weeks

### GOALS FOR THIS PHASE

- Discontinue sling.
- Begin active / active-assisted shoulder motion.
- Restore full passive shoulder ROM (no limits).
- Initiate cuff and scapular stabilizer strengthening.

### Immobilization

- May discontinue sling.

### Range of Motion

- Begin active / active-assist shoulder motion.
- Restore full passive shoulder ROM (no limits).

### Strengthening

- Cuff / scapular stabilizer strengthening.

## Phase 4 | 12 Weeks - 6 Months

### GOALS FOR THIS PHASE

- Discontinue immobilization.
- Progress with strengthening.
- Allow light bench press.

### Activity Progression

- No immobilization.
- Progress with strengthening.
- Allow light bench press.

*This protocol is a general guideline. Progression is patient-specific and at the discretion of William McLaughlin, MD.*