

## PECTORALIS MAJOR REPAIR PROTOCOL

<b>Phase I – Immediate Postoperative Phase: Restrictive Motion</b>	
Goals	<ol style="list-style-type: none"> <li>1. Protect the anatomic repair</li> <li>2. Gradually increase passive range of motion</li> <li>3. Prevent muscular inhibition</li> <li>4. Diminish pain and inflammation</li> </ol>
<p><b>Precautions to be maintained through Week 6:</b></p> <ol style="list-style-type: none"> <li>1. Maintain arm in brace, remove only for exercise</li> <li>2. No lifting of objects</li> <li>3. No shoulder abduction, forward elevation or external rotation</li> <li>4. No excessive or aggressive stretching or sudden movements</li> <li>5. No supporting of body weight by hands</li> <li>6. No bimanual activities (pulling on pants/socks, etc.)</li> </ol>	
Weeks 0 – 2	<ul style="list-style-type: none"> <li>▪ Sling for 2 – 4 weeks</li> <li>▪ Sleep in immobilizer for 6 weeks</li> <li>▪ Elbow/hand ROM</li> <li>▪ Hand gripping exercises</li> <li>▪ Scapular setting exercises</li> <li>▪ Avoid pendulum and stick exercises</li> <li>▪ Cryotherapy/ice for 15-20 mins each hour to reduce pain and inflammation; modalities as indicated</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>▪ PROM and gentle AAROM (no stick)               <ul style="list-style-type: none"> <li>○ Flexion to 90° week 2</li> <li>○ ER/IR with arm 30° abduction</li> <li>○ ER to 5 – 10°</li> <li>○ IR to 45°</li> </ul> </li> <li>▪ <b>**NO active ER or Extension or Abduction</b></li> <li>▪ Submaximal shoulder isometrics – flexion, extension, abduction</li> </ul>
<b>Phase II – Protection Phase</b>	
Goals	<ol style="list-style-type: none"> <li>1. Allow healing of soft tissue</li> <li>2. Do not overstress healing tissue</li> <li>3. Decrease pain &amp; inflammation</li> <li>4. To increase PROM</li> </ol>
Week 3 – 6	<ul style="list-style-type: none"> <li>• Continue use of sling during the day until Week 4, at night until Week 6, wean off by Week 6</li> <li>• Continue use of cryotherapy/ice as needed if still swollen</li> <li>• Submaximal isometrics (avoid shoulder adduction, internal rotation and horizontal adduction)</li> <li>• Unilateral shoulder flexion in 4-pt kneeling</li> <li>• PROM forward elevation to 130 degrees with arm in adduction</li> </ul>

### SHOULDER AND ELBOW

**Phone :**  
(416) 603-5929

**Fax :**  
(866) 223-6624

**Email :**  
christian.veillette@uhn.ca

**Website :**  
UHNArthritisProgram.ca



Phase III – Intermediate Phase	
Goals	<ol style="list-style-type: none"> <li>1. Attain full ROM</li> <li>2. Normal scapulo-humeral rhythm</li> </ol>
Criteria to Enter Phase III	<ol style="list-style-type: none"> <li>1. Full non-painful ROM</li> <li>2. Satisfactory stability</li> <li>3. Muscular strength (<u>good grade or better</u>)</li> <li>4. No pain or tenderness</li> </ol>
Weeks 7-12	<ul style="list-style-type: none"> <li>• Continue PROM</li> <li>• Start active-assisted ROM(AAROM) exercises (<i>ie.</i> pulleys, etc)</li> <li>• Work on scapulo-humeral rhythm, periscapular strengthening program(no pushups)</li> <li>• May use arm for light activities of daily living(ADL's)</li> <li>• May begin gentle active ROM(AROM)</li> <li>• <b>Avoid hyperextending in bench press or flyes or pec-deck</b></li> </ul>
Phase IV – Advanced Strengthening Phase	
Goals	<ol style="list-style-type: none"> <li>1. Maintain full non-painful ROM</li> <li>2. Enhance functional use of upper extremity</li> <li>3. Improve muscular strength &amp; power</li> <li>4. Gradual return to functional activities</li> </ol>
Criteria to Enter Phase IV	<ol style="list-style-type: none"> <li>1. Full non-painful ROM</li> <li>2. Satisfactory static stability</li> <li>3. Muscular strength 75-80% of contralateral side</li> <li>4. No pain or tenderness</li> </ol>
Weeks 13-23	<ul style="list-style-type: none"> <li>• Continue ROM &amp; stretching to maintain full ROM</li> <li>• Pectoralis Major strengthening is begun</li> <li>• Single arm pulleys and bands</li> <li>• Horizontal adduction, Internal rotation, Forward elevation, Shoulder adduction</li> <li>• Rotator cuff(RTC) strengthening</li> <li>• Continue peri-scapular strengthening(may begin push-ups plus against wall)</li> </ul>
Phase V – Return to Activity Phase	
Goals	<ol style="list-style-type: none"> <li>1. Gradual return to strenuous work activities</li> <li>2. Gradual return to recreational sport activities</li> <li>3. Maintain strength, mobility and stability</li> </ol>
Weeks 24-35	<ul style="list-style-type: none"> <li>• Continue stretching, if motion is tight</li> <li>• Begin floor push-ups</li> <li>• Dumbbell bench presses with light weight and high repetition</li> </ul>
Week 36+	<ul style="list-style-type: none"> <li>• Full activities</li> <li>• <b>HIGH-WEIGHT, LOW-REPETITION BARBELL BENCH PRESSING DISCOURAGED INDEFINITELY!</b></li> </ul>
Special Instructions for the Therapist	

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