



PECTORALIS REPAIR POSTOPERATIVE REHAB PROTOCOL

DATE OF SURGERY: _____

Phase	Precautions	Treatment Recommendations	Emphasize												
Weeks 0-6 Recovery	<ul style="list-style-type: none"> Sling immobilization at all times and night FOR WEEKS 0-2. Off for hygiene and gentle exercises (elbow/wrist/hand ROM only) Sling immobilization during daytime only FOR WEEKS 2-6. 	<p>PROM</p> <table border="1"> <tr> <td></td> <td>Elevation</td> <td>ER</td> <td>IR</td> </tr> <tr> <td>Weeks 0-2</td> <td>No ROM</td> <td>No ROM</td> <td>No ROM</td> </tr> <tr> <td>Week 2-6</td> <td>90°</td> <td>45°</td> <td>To chest</td> </tr> </table> <ul style="list-style-type: none"> Limit 20° extension, 45° abduction weeks 3-6 Do not push ROM <p>EXERCISES</p> <ul style="list-style-type: none"> 0-2 WEEKS: Elbow/wrist ROM, OK for grip strengthening 2-6 WEEKS: Begin PROM as above Codman's, posterior capsule mobilizations, avoid stretch of anterior capsule 		Elevation	ER	IR	Weeks 0-2	No ROM	No ROM	No ROM	Week 2-6	90°	45°	To chest	<ul style="list-style-type: none"> Pain/edema control Proper sling position/compliance Protection of repair Pain-free HEP
	Elevation	ER	IR												
Weeks 0-2	No ROM	No ROM	No ROM												
Week 2-6	90°	45°	To chest												
Weeks 6-12 Motion, isometric strength	<ul style="list-style-type: none"> Discontinue sling AVOID RESISTED IR/ADDUCTION Avoid pain with ADLs, PT, HEP 	<p>Scapular plane ROM Goals (<i>do not force but eval for stiffness</i>)</p> <table border="1"> <tr> <td></td> <td>Elevation</td> <td>ER</td> <td>Abduction</td> </tr> <tr> <td>Weeks 6-12</td> <td>135°</td> <td>full</td> <td>120°</td> </tr> </table> <p>Exercises</p> <ul style="list-style-type: none"> Continue Phase 1 exercises 8 weeks: Active-assisted exercises, deltoid/cuff isometrics Resisted exercises for scapular stabilizers, biceps, triceps, cuff, closed chain scapula 		Elevation	ER	Abduction	Weeks 6-12	135°	full	120°	<ul style="list-style-type: none"> Regaining ROM No resisted IR/adduction in order to protect repair 				
	Elevation	ER	Abduction												
Weeks 6-12	135°	full	120°												
Weeks 12-16 Intermediate Strength	<ul style="list-style-type: none"> Avoid pain with all activities 	<ul style="list-style-type: none"> Emphasize ER and latissimus eccentrics Glenohumeral stabilization exercises Plank/push-ups @ 16 weeks Begin muscle endurance (ok for UE ergometer) Cycling/running OK 	<ul style="list-style-type: none"> Progressive strengthening Avoid pain with rehab 												
4-5 months	<ul style="list-style-type: none"> Avoid too much too soon 	<ul style="list-style-type: none"> Full and pain-free ROM Aggressive scapular stabilization and eccentric strengthening Begin plyos, throwing/racket program if applicable Continue with more aggressive muscle endurance exercises 	<ul style="list-style-type: none"> Maintain ROM and flexibility, optimize strength 												
5-7 months	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Return to full activity as tolerated 	<ul style="list-style-type: none"> Ensure ready for return to sport 												

Protocol adapted from Brian Cole, MD rehab guidelines

