

Dr. Sehgal's Rehabilitation Protocol: Pectoralis Major Repair Rehabilitation Protocol

PHASE I - IMMEDIATE POST-SURGICAL PHASE (DAYS 1 - 14)

Goals:

- 1. Maintain integrity of the repair**
- 2. Gradually increase passive range of motion (PROM)**
- 3. Diminish pain and inflammation**
- 4. Prevent muscular inhibition**

Days 1 - 14

- Sling
- Pendulum exercises 4x daily (flexion, circles)
- Elbow/hand gripping & ROM exercises
- Cryotherapy/Ice for pain and inflammation - 15-20 minutes every hour
- Sleeping - sleep in sling or brace

Precautions to be maintained through Week 6:

1. Maintain arm in brace, remove only for exercise
2. No lifting of objects
3. ***No shoulder abduction, forward elevation or external rotation***
4. No excessive or aggressive stretching or sudden movements
5. No supporting of body weight by hands
6. No bimanual activities (pulling on pants/socks, etc.)

PHASE II - PROTECTION PHASE (WEEKS 3 - 6)

Goals:

- 1. Allow healing of soft tissue**
- 2. Do not overstress healing tissue**
- 3. Decrease pain & inflammation**
- 4. To increase PROM**

Weeks 3 - 6

- Continue sling through Week 4 (through Week 6 if repaired under tension)
- Continue pendulum exercises
- Continue use of cryotherapy/ice as needed if still swollen
- Begin physical therapy (PT)
- PROM forward elevation to 130° with arm in adduction

PHASE III - INTERMEDIATE PHASE (WEEKS 7 - 12)

Goals:

- 1. Attain full ROM**
- 2. Normal scapulo-humeral rhythm**

Weeks 7 - 12

- Continue PROM
- Start active-assisted ROM (AAROM) exercises (*ie.* pulleys, etc)
- Work on scapulo-humeral rhythm, peri-scapular strengthening program (no pushups)
- May use arm for light activities of daily living (ADL's)
- May begin gentle active ROM (AROM)
- Isometric exercises (avoid shoulder adduction, internal rotation and horizontal adduction)

PHASE IV - ADVANCED STRENGTHENING PHASE (WEEKS 13 - 23)

Goals: Maintain full non-painful ROM

Enhance functional use of upper extremity

Improve muscular strength & power

Gradual return to functional activities

Weeks 13 - 23

- Continue ROM & stretching to maintain full ROM
- Pectoralis Major strengthening is begun
 - Single arm pulleys and bands
 - Horizontal adduction
 - Internal rotation
 - Forward elevation
 - Shoulder adduction
- Rotator cuff (RTC) strengthening
- Continue peri-scapular strengthening (may begin push-ups plus against wall)

PHASE V - RETURN TO ACTIVITY PHASE (WEEKS 24+)

Goals: Gradual return to strenuous work activities

Gradual return to recreational sport activities

Weeks 24 - 35

- Continue stretching, if motion is tight
- Begin floor push-ups
- Dumbbell bench presses with light weight and high repetition

Week 36

- Full activities
- **HIGH-WEIGHT, LOW-REPETITION BARBELL BENCH PRESSING DISCOURAGED INDEFINITELY!**