

PECTORAL MAJOR REPAIR PROTOCOL

Phase I – Maximal Protection Phase (0-6 weeks post-op)

- Wrist/Hand/Elbow AAROM/AROM
- Active scapular elevation, depression, protraction, retraction in sitting position
- Cervical AROM and Upper Trapezius self stretch to decrease neck pain from sling use
- Scar Massage after 4 weeks post-op to allow incision to fully heal
- Initiate pendulums after 4 weeks post-op (*unless directed differently by Surgeon*)
- Sling x 6 weeks
- Pain/inflammation modalities PRN

Phase II – Moderate Protection Phase (6 weeks – 12 weeks post-op)

- Progress restoration of full PROM
T-bar elevation and ER(30) full range as tolerated. Work up to full ER(90) PROM 8 weeks post-op. IR (90) full range as tolerated.
- Progress scapular and posterior shoulder strengthening exercises
Supine protraction
Sidelying ER to neutral
Prone horizontal abduction
Prone shoulder extension
Prone rows
IR/ER T-band
Rows T-band
Prone Y,T,W,L's
- Initiate upper extremity cycle for endurance
- Scapular AROM to 90 degrees without scapular substitution. Progress 11b-31b if there is no hiking
- Initiate neuromuscular control exercises:
Rhythmic stabilizations
- Continue pain control modalities as needed

Phase III – Strengthening Phase (12 weeks to 16 weeks post-op)

- Continue ROM/mobilizations/capsular stretching exercises
- Strengthening:
Continue scapular /rotator cuff strengthening exercises
Progress to closed chain serratus anterior strengthening



Home to the Texas Rangers

- Pectoralis strengthening dumbbell chest press progression. Begin with 5lb and gradually increase each week. Educate and monitor for safe shoulder precautions and correct form.
- Continue pain/inflammation control modalities PRN

Phase IV – Return to Activity Phase (16 weeks – 24 weeks post-op)

- Continue strengthening program
- Continue ROM/flexibility program
- Continue neuromuscular control activities:
 - Initiate plyometrics (2 handed chest pass, 2 handed overhead soccer throw, 2 handed diagonal chops, progress to 1 arm 90/90)
 - Wall ¼ clock dribbles
 - Prone ball drops
 - BodyBlade patterns
- Initiate interval sport program

Criteria for return to play:

- Physician approval
- Satisfactory ROM
- Satisfactory strength test
- Satisfactory clinical exam
- Satisfactory completion of interval sport program