

Pectoralis Repair

Physical Therapy Protocol

STAGE 1

0-4 Weeks Post-Operative

- Do not start physical therapy until instructed to.
- Sling at all times.
- Elbow and wrist range of motion, both passive and active.
- No passive range of motion for the shoulder.
- No bicep strengthening.

STAGE 2

4-6 Weeks Post-Operative

- Discontinue sling at night - continue sling during the day.
- Gentle shoulder passive range of motion (forward flexion maximum 90°, abduction maximum 45°, external rotation maximum 15°).
- Continue elbow and wrist range of motion.

STAGE 3

6-8 Weeks Post-Operative

- Discontinue Sling.
- Continue passive range of motion (forward flexion maximum 135° - abduction maximum 90°).
- Active assisted range of motion as tolerated with restrictions above.

STAGE 4

8-12 Weeks Post-Operative

- Shoulder passive range of motion (full overhead forward flexion maximum 60° ~ abduction maximum 135°).
- Start resistance exercises biceps, rotator cuff and tricep.
- ER only no IR resistance.
- Began deltoid and rotator cuff isometric.

STAGE 5

12-16 Weeks Post-Operative

- Advance to full passive range of motion.
- May start wall push-ups, jogging, endurance activities.
- Advance external rotation and latissimus eccentrics and glenohumeral stabilization.