



Thomas Obermeyer, M.D.



BARRINGTON
Orthopedic Specialists
Specializing in You

obermeyermd.com

O: 847-285-4318

F: 847-885-0130

Rehabilitation Instructions: **Pectoralis Major Repair**

WEEKS 0–2: No formal outpatient therapy, healing phase at home for tissue recovery

- **Sling with pillow:** Wear at all times except for hygiene, grooming, home exercises
- **Arm position:** Arm at side or in front; when reclining, a pillow should be placed behind the elbow with sling in place so the elbow is always visible
- **Range of Motion:** No shoulder ROM; elbow/wrist motion ONLY
- **Exercises:** Gripping, may dangle arm to straighten elbow when out of sling

THERAPY Phase I (Weeks 2 – 6 after surgery): Early joint mobilization with protection of repair

- **Sling:** Wear sling at all times as above exceptions (with arm at side may feed, brush teeth, get dressed), home exercises until 6 weeks, discontinue when cleared in clinic
- **Arm position:** no horizontal adduction
- **Range of Motion:** gentle PROM/AAROM without pain, supine for well arm assisted elevation and ER with arm at side to neutral, not more than 20 degrees ER by 6 weeks
- **Exercises:** pendulums, isometrics for deltoid and rotator cuff
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

THERAPY Phase II (Weeks 6 – 12 after surgery): Active motion, resumption of normal activities

- **Sling:** Discontinued, may consider wearing (without pillow) when outside the home for protection and as sign of vulnerability to others
- **Arm position:** Progress to full
- **Range of Motion:** AROM with slower progression to terminal ABER and horizontal adduction
- **Exercises:** continue Phase I, progress resisted isometrics, progressive resistive concentric exercises with therabands, scapular stabilizers (protraction/retraction)

THERAPY Phase III (Weeks 12 – 24 after surgery): Final strengthening, complete functional independence

- **Range of Motion:** increase as tolerated with passive stretching at end ranges
- **Exercises:** continue Phase II with home program education, advance as tolerated
- **Athletics:** return to sport considered by 18-24 weeks pending risk factors and demands, heavy bench presses not sooner than 24 weeks