

Open Pectoralis Major Repair**Postoperative Phase I: Maximum Protection (Weeks 0 to 2)****Goals**

- Protect surgical repair
- Diminish pain and inflammation
- Gradually increase PROM
- Improve scapular and distal muscle strength
- Independence in home exercise program

Precautions

- Maintain sling immobilization when not performing therapy exercises
- Avoid:
 - Excessive Passive ER
 - Active IR and Adduction

General Principles

- Weight-bearing status: NWB
- Cryotherapy: Polar care or ice used for first week and then PRN
- Sling (x 4weeks): at all times except for therapy exercises unless specified by the surgeon

Treatment Plan

- Cryotherapy
- AAROM/PROM exercises
 - Flexion to 90 degrees
 - External Rotation at neutral adduction to 10 degrees
- Active range of motion exercises
 - elbow/forearm/wrist/hand
- Submaximal isometric ER, Flexion, & Extension

Postoperative Phase II: Maximum Protection (Weeks 2 to 4)**Treatment Plan**

- Gradual progress ROM
- Discontinue sling as directed by physician
- AAROM exercises
 - Flexion to 120 degrees
 - At 45 degrees of Scapular abduction:

- ER to 0 degrees, IR to 45 degrees
- Isometric exercises – continue from phase I
- Initiate light isotonic scapular and shoulder exercises
 - No IR strengthening of shoulder
 - Therabands for ER
 - Scapular Rows

Postoperative Phase III: Moderate Protection (Weeks 5 to 6)

Treatment Plan

- Progress ROM as tolerated
 - Flexion to 160 degrees
 - ER and IR at 45 degrees of abduction:
 - IR to 65 degrees
 - ER to 20-30 degrees
- Continue gentle isotonic shoulder and scapular exercises

Postoperative Phase IV: Early Strengthening (Weeks 6 to 8)

Treatment Plan

- May initiate gentle isometric IR exercises
- Continue isotonic exercises
- Rhythmic and wall stabilization

Postoperative Phase V: Early Strengthening (Weeks 8 to 10)

Treatment Plan

- Progress ROM as tolerance allows:
 - ER at 90degrees of abduction to 45
 - IR at 90 degrees of abduction to 75
 - Flexion to 170 degrees
- Continue gentle isometric IR exercises
- Continue isotonic shoulder exercises
- Rhythmic and wall stabilization

Postoperative Phase VI: Intermediate Strengthening (Weeks 10 to 14)

Treatment Plan

- Progress ROM as tolerance allows:
 - ER at 90degrees of abduction to 90 degrees
 - Full Flexion

- Initiate Isotonic IR exercises
- Continue isotonic shoulder exercises
- Initiate Throwers Ten Program (in overhead athletes)
- (Week 16) May initiate light isotonic machine weight training

Postoperative Phase VII: Advance Strengthening (Weeks 14-20)

Criteria for Advancement to Phase VII:

- FROM
- No pain/tenderness
- 70-80% strength of contralateral limb

Treatment Plan

- Continue flexibility exercises
- Continue resistance exercises
- May initiate plyometrics
- Continue Throwers Ten Program

- **Week 16:** Initiate Interval throwing program

- **Week 24:** Throwing off mound

- **6-9 months:** Return to unrestricted sports participation (physician directed)