

Pectoralis Repair
Outpatient Rehabilitation Protocol
Dr. Michael Thomas Edgerton

Patient to be seen 2-3x/week beginning after 1st office visit

Post-op Weeks 1-6

PROM shoulder: Forward elevation

- Abduction with 90 degree limit
- ER with 30 degree limit

NO AROM for forward elevation, abduction, ER, IR , or horizontal adduction

Pendulums

Scapular AROM

Elbow, forearm, and wrist AROM

Modalities for pain control as needed

Sling x 6 weeks

Post-op Week 7-12

Progress to full AROM and PROM

- Avoid active horizontal adduction, IR

Gentle isometric periscapular strengthening

Post-op Week 13 – 6 Months

Continue AROM/PROM as needed with goal of full ROM

Begin strengthening with single arm pulleys and theraband

Continue modalities as needed

6 Months Post-op

Begin push-ups, low weight high rep dumbbell exercises

9-12 Months Post-op

Return to full activity

*Avoid high weight, low rep activity indefinitely

Dr. Michael Thomas Edgerton

Date