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PECTORALIS MAJOR REPAIR

General Guidelines

- Sling for 6 weeks, full time
- Can bend elbow, wrist, fingers fully after surgery
- Return to sports 6 months

Post-op Days 1 – 14

Goals: Pain control, full elbow/wrist/finger motion

- POD 2: Change dressing, keep wound covered
- POD 10-14: Sutures out
- Sling full time except in shower and therapy

Therapy:

Shoulder Immobilizer x 6 weeks – Even while sleeping

– Place pillow under shoulder / arm while sleeping for comfort Hand squeezing exercises

Elbow and wrist active motion (AROM) with shoulder in neutral position at side

Stationary bike (must wear immobilizer)

Weeks 2 – 6

Goals: AAROM to 90 degrees

Therapy:

Continue sling x 6 wks

Continue appropriate previous exercises

Full pendulum exercises

Shoulder shrugs, scapular retraction without resistance

Active assisted motion (AAROM) supine with wand – Flexion to 90 degrees

1-2 Finger Isometrics x 6 (fist in box)

Stationary bike (must wear sling)

Weeks 6 – 8

Goals: Full AROM, 30 wall push-ups

Therapy:

D/C Immobilizer

Continue appropriate previous exercises

AROM in pain-free range as tolerated, **No PROM**

AAROM (pulleys, supine wand, wall climb)
– Flexion > 90 degrees
– Abduction and ER to tolerance
– IR and extension (wand behind back) Submaximal isometrics (continue 1-2 fingers for IR)
Elliptical trainer – Lower extremity only
Treadmill – Walking progression program

Weeks 8 – 12

Goals: Regain full ROM

Therapy:

Continue appropriate previous exercises
AROM, AAROM through full range, **No PROM**
Light Theraband ex – ER, Abduction, Extension Biceps and Triceps PREs
Prone scapular retraction exercises (without weights)
Push-up plus on wall – No elbow flexion > 90 degrees Body blade
BAPS on hands
Ball on wall (arcs, alphabet)
Elliptical trainer (upper and lower extremities)
Pool walking / running – No UE resistive exercises

Months 3 - 4

Goals: 30 table pushups, Run 2 miles at own pace

Therapy:

Continue appropriate previous exercises
PROM / mobilization as needed to regain full ROM
Light Theraband ex – IR, Adduction, Flexion, Scaption
– Continue ER, Abduction, Extension with increased resistance
Push-up progression – Wall to table to chair (no elbow flexion > 90 degrees)
Weight training with **VERY LIGHT** resistance (no flies or pull downs)
– No elbow flexion > 90 degrees
– Bench press
– Seated row weight machine
– Cable column
Ball toss with arm at side using light ball
UBE forwards and backwards at low resistance Stairmaster
Treadmill – Running progression program
Pool walking / running – With UE resistance (No swimming)

Months 4 - 6

Goals: Resume all activities

Therapy:

Continue appropriate previous exercises with increased resistance

Fitter on hands

Ball toss overhead

Push-up progression – Chair to regular

Sit-ups

Weight training with increasing resistance

- No elbow flexion > 90 degrees

- Military press, lat pull downs, flies

- Gravitron for pull-ups and dips

Swimming

Running progression to track

Transition to home / gym program

Shoulder Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day



Grip Squeeze



Pendulum



Shoulder Shrugs

Ice x 10-15min 2-3 x per day

