

## Travis C. Burns, MD

Sports Medicine and Shoulder Reconstruction Arthroscopic Shoulder, Hip, and Knee Surgery

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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)

## <u>Months</u> 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

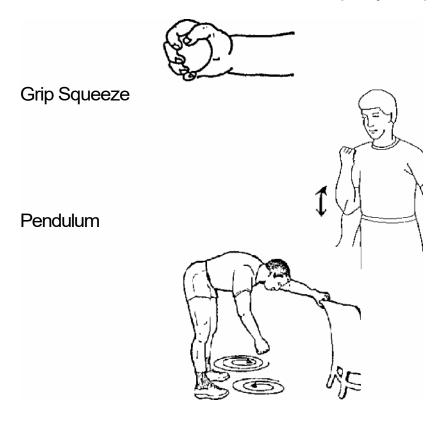
Swimming

Running progression to track

Transition to home / gym program

# Shoulder Post Op Phase 1

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



Shoulder Shrugs

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



