



PEC REPAIR Physical Therapy Protocol

Patient Name: _____ Date of Surgery: _____

Procedure: Right / Left Pectoralis Major Repair

_____ Evaluate and Treat

_____ Provide patient with home program

Frequency: _____ x/week x _____ weeks

_____ **Phase I (0-6 weeks):** *Period of protection: In general, sling should be worn at all times during this phase (except for hygiene and PT). Passive shoulder ROM only (ie. NO active ROM, especially IR/adduction). No shoulder strengthening until after 6 weeks.*

• **Weeks 0-1:**

- Sling at all times (except for hygiene and pendulums).
- Home exercises (pendulums, elbow + wrist ROM, grip strengthening).

• **Weeks 1-6: Begin formal PT (2-3 x/week)**

- Sling at all times (except for hygiene and PT).
- **ROM:** PASSIVE ROM ONLY: forward elevation should ONLY be performed with the arm adducted and is limited to 130 deg; ER (arm at side) limited to neutral, IR to belly.
 - Goals by 6 weeks: flex (with adducted arm) 130 deg, ER 0 deg, IR belly. Heat before, ice after.
- **Strengthening:** NONE except grip strengthening.

_____ **Phase II (6-12 weeks):** *Transition to active motion and protected strengthening.*

- D/C sling if cleared by MD.
- **ROM:** Light passive stretching at end ranges. Begin AAROM (canes, pulleys, etc.) and progress supine to vertical; gradually progress to AROM after 8 weeks.
 - Goals: full motion by 12 weeks.
- **Strengthening:**
 - Begin periscapular, deltoid and cuff isometrics with arms below shoulder level @ 6weeks, BUT AVOID ANY ADDUCTION/INTERNAL ROTATION.
 - No resisted shoulder motions until after 12 weeks.

_____ **Phase III (3-12 months): Begin more aggressive strengthening and progress to sport-specific/ occupation-specific rehab.**

- **ROM:** Aggressive passive stretching at end ranges. Advance to full active ROM as tolerated.
- **Strengthening/Activities:**
 - @ 3 months.
 - Advance as tolerated from isometrics → bands → light weights (1-5 lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers and pec (*Only do this 3x/week to avoid cuff tendonitis*).
 - @ 4.5 months, begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*) and progress to sports-specific/job-specific rehab and advanced conditioning.
 - @ 6 months - if full-strength achieved - can return to light tossing (throwers), light weight/high rep push-ups/bench press.
 - @ 9-12 months, return to full-activities.
- **Work:**
 - Overhead work without lifting is usually possible @ 4.5-6 months, with light weight at 6-7 months.
 - Can resume heavy labor once full-strength achieved (usually by 9-12 months).

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

This patient _____ would _____ would not benefit from social services.

Physician Name: _____ Date: _____