

Pectoralis Repair Physical Therapy Protocol



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Post-op considerations: Care should be taken to monitor an axillary incision due to increased risk of bacterial and moisture buildup.

Phase I: Weeks 0-3

GOALS

- Protect repair
- Reduce swelling
- Minimize pain
- Promote scar mobility
- Maintain ROM in the elbow, wrist and hand
- Gradually increase shoulder PROM
- Minimize muscle inhibition

SLING

- Neutral or internal rotation, night use

INTERVENTIONS

- Ice, compression

RANGE OF MOTION

- Week 2
 - External rotation: neutral in 0°, progressing 5° per week
 - Flexion: 45° progressing 5°-10° per week
 - Abduction: 30° progressing 5° per week
- AROM: Elbow, wrist and hand only
- Soft tissue mobilization (scar massage once scar is closed and dry)
- Week 3 – Strengthening:
 - Periscapular: inferior glide with <35° abduction, low row
 - Ball squeeze

CRITERIA TO PROGRESS

- PROM external rotation at 0°, adduction 5°
- PROM flexion 50°
- PROM abduction 35°

- Palpable muscle contraction in scapular and shoulder musculature
- No complications in Phase I

Phase II: Weeks 4-6

GOALS

- Protect repair
- Reduce swelling
- Minimize pain
- Gradually increase PROM
- Initiate shoulder AAROM
- Minimize muscle inhibition
- Improve scapular muscle activation

SLING

- Neutral or internal rotation

INTERVENTIONS

- Ice, compression

RANGE OF MOTION

- PROM
 - External rotation: increase 5° per week
 - Flexion: Increase 5°-10° per week
 - Abduction: continue to increase 5° per week
- AAROM
 - Active assisted shoulder flexion
 - Shoulder flexion with cane
 - Cane external rotation stretch
 - Washcloth press

CRITERIA TO PROGRESS

- PROM external rotation at 0°, adduction 20°
- PROM flexion 65°-85°
- PROM abduction 50°
- Minimal substitution patterns with AAROM
- No complications with Phase II

*If you have any problems or questions,
please call your doctor's office (8am-5pm).
Answering service for after hours.*

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Phase III: Weeks 6-8

GOALS

- Gradually increase shoulder PROM/AAROM
- Initiate shoulder AROM
- Promote scar mobility
- Gradually increase muscle strength

SLING

- May wean out at 6 weeks

WEIGHT-BEARING

- Can begin weightbearing through surgical side

INTERVENTIONS

- Continue phases I-II

RANGE OF MOTION

- PROM
 - External rotation: increase 5° each week to full
 - Flexion: continue to increase 5°-10° each week to full
 - Abduction: continue to increase 5° each week to full
- AAROM
 - Seated shoulder elevation with cane
 - Seated incline table slides
 - Ball roll on wall
 - Wall climbs
- AROM
 - Supine flexion
 - Salutes
 - Supine punch

STRENGTHENING EXERCISES

- Shoulder
 - Submaximal flex isometrics
 - Side lying external rotation
- Periscapular
 - Row on physioball
 - Shoulder extension on physioball
 - Resistance band shoulder extension
 - Resistance band seated row
 - Rowing
 - Lawn movers
 - Robbery
 - Serratus punches
- Elbow
 - Biceps curl

- Resistance band biceps curl
- Triceps
- Motor control
 - External rotation in scaption and flexion 90° (rhythmic stabilization)

CRITERIA TO PROGRESS

- PROM external rotation at 0°, adduction 30°
- PROM flexion 75°-105°
- PROM abduction 60°
- Minimal substitution patterns with AROM
- No complications with Phase III

Phase IV: Weeks 9-14

GOALS

- Restore full shoulder PROM/AROM (week 12-14)
- Gradually increase muscle strength
- Initiate shoulder internal rotation/pec major isometrics

INTERVENTIONS

- Continue phase I-III interventions

RANGE OF MOTION

- Full PROM and AROM

STRENGTHENING EXERCISES

- Shoulder
 - Submaximal IR isometrics
 - Submaximal pectoralis isometrics (starting in shortened position and gradually progressing to lengthened position)
 - Standing external rotation with resistance band
 - External rotation
 - Side lying abduction to standing abduction
- Periscapular
 - Push up plus on knees
 - Prone shoulder extensions
 - Tripod
 - Pointer
- Motor Control
 - PNF-D1 diagonal lifts (concentric to begin then eccentric, manual resistance progressing to bands)
 - PNF-D2 diagonal lifts (concentric to begin then eccentric, manual resistance progressing to bands)

- Quadruped alternating isometrics
- Ball stabilization on wall
- Stretching
 - Triceps and lats

CRITERIA TO PROGRESS

- Full, pain free PROM and AROM
- Minimal to no substitution patterns with AROM
- Perform all exercises demonstrating symmetric scapular mechanics

Phase V: Weeks 14-20

GOALS

- Restore full PROM and AROM
- Gradually increase muscle strength through full ROM
- Do not overstress healing tissue

INTERVENTIONS

- Continue phase II-IV interventions

RANGE OF MOTION

- Full AROM and PROM

STRENGTHENING EXERCISES

- Shoulder
 - Standing internal rotation with resistance band
 - Internal rotation
 - Pectoralis isotonic
 - Counter push ups
 - Push ups
 - Lat pull downs
- Periscapular
 - Resistance band forward punch
 - Forward punch
 - T and Y
 - T exercise
 - W exercise
 - Resistance band Ws
 - Dynamic hug
 - Resistance band dynamic hug
- Motor Control
 - Field goals
 - Wall slides with resistance band

- Stretching
 - Hands behind head
 - IR behind back with towel
 - Doorway series (gentle stretch only)

CRITERIA TO PROGRESS

- Full, pain free AROM and PROM
- Minimal to no substitution patterns with shoulder AROM
- Performs all exercises with symmetric scapular mechanics

Phase VI: Months 5-6

GOALS

- Maintain pain free ROM
- Continue strengthening and motor control
- Enhance functional use of upper extremity

STRENGTHENING EXERCISES

- Shoulder
 - External rotation at 90°
 - Internal rotation at 90°
 - Resistance band standing external rotation at 90°
 - Resistance band standing internal rotation at 90°
- Motor Control
 - 90/90 ball dribbles
 - Overhead soccer throws
 - Medicine ball chest pass
 - Prone ball drops
 - Standing ball drops
 - 90/90 over shoulder eccentric catch and throw
 - Body blade

CRITERIA TO PROGRESS

- No pain or tenderness
- 5/5 shoulder strength
- Satisfactory shoulder stability
- Upper extremity assessment:
 - Full, pain free AROM/PROM
 - Joint position sense <5°, margin error
 - Strength 85% of contralateral arm with isokinetic testing
 - ER/IR ratio >64%
 - Scapular dyskinesis test symmetrical
 - Functional performance and endurance >85% of contralateral arm

Phase VII: 6+ Months

GOALS

- Maintain full, pain free ROM
- Gradual return to strenuous work, recreational activities and sports activities

INTERVENTIONS

- Continue phase II-VI interventions

STRENGTHENING EXERCISES

- 50% 1 RM bench press, progress slowly
- Coordinate return to sport with surgeon

CRITERIA TO PROGRESS

- Return to sport decisions are individualized and based on multiple factors. Close discussion with surgeon is recommended, taking into account level of demand on upper extremity, contact level of sport, frequency of participation, etc.