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## Rehabilitation after Pectoralis Major Repair

**DISCLAIMER:** The following Physical Therapy protocol is intended to be utilized by the clinician as a guideline in the treatment of this disorder. It is based on current research and has been formulated as a collaborative effort between Physicians and Physical Therapists. It is not intended to serve as a substitute for sound clinical decision making. Every patient is a unique case, and it should be anticipated that not all patients will fit into the timelines set forth in this protocol. If the Physical Therapist has any questions regarding the course of treatment, the referring physician should be contacted for further guidance.

### Phase I - Weeks 0-4

**Sling immobilizer:** worn at all times – sleep with pillow under elbow to support the operative arm.

**Range of motion:** supported pendulum exercises under guidance of PT.

**Therapeutic Exercises:** Elbow and wrist active motion (with shoulder in neutral position at the side), hand exercises, patient may ride stationary bike w/ operative arm in sling

### Phase II – Weeks 4-6

**Sling immobilizer:** worn at all times – sleep with pillow under elbow to support the operative arm.

**Range of motion:** AAROM in the supine position with wand

**Goal:** Forward flexion to 90 degrees

**Therapeutic Exercises:** Elbow and wrist active motion (with shoulder in neutral position at the side), hand exercises, shoulder shrugs/scapular retraction without resistance

### Phase III – Weeks 6-8

**Sling immobilizer:** May be discontinued

**Range of motion:** AROM in pain free ranges – **NO PROM!** – AAROM (pulleys, supine wand exercises, wall climbs)

**Goals:** Forward flexion to 120 degrees and abduction to 90 degrees, ER to tolerance, IR and extension (wand behind the back).

**Therapeutic Exercises:** Elbow and wrist active motion (with shoulder in neutral position at the side), hand exercises, submaximal isometrics

**Phase IV – Weeks 8-12**

**Range of motion:** AROM and AAROM in pain free ranges – **NO PROM!**

**Goals:** Full ROM

**Therapeutic Exercises:** Light theraband (ER, abduction, extension), biceps and triceps PREs, prone scapular retraction exercises (without weight), wall push-ups (no elbow flexion >90 degrees).

**Phase V – Weeks 12-24**

**Range of motion:** Full ROM

**Therapeutic Exercises:** Light theraband ( ER, abduction, extension) with increasing resistance, may start light weight training at 4.5 months post-op (no flies or lat pull downs), regular push ups

**Return to athletics at 6 months post-op**

References for adaptations

Post-Operative Instructions Pectoralis Major Repair. NYU Langone Health; Laith M Jazrawi, MD.  
Accessed 4/22/20