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## **Pectoralis Major Repair** **Rehabilitation Guidelines**

### **Week 0-4**

- Sling at all times for 2 weeks (use in public for 6 weeks)
  - Wean from sling weeks 2-4
- Passive pendulum
- Start pulley at 2 weeks
  - Passive Forward Flexion ROM up to 130°
  - Passive Abduction ROM to 130°
- Avoid passive and active external rotation

### **Week 4-6**

- Begin gentle passive ROM all ranges
  - Goal of full ROM by 10 weeks post op
- Gradually progress to AAROM, then AROM as directed by therapist

### **Week 6-12**

- Begin shoulder isometrics and gentle parascapular strengthening
- Avoid resisted adduction or internal rotation

### **Week 10-12**

- Emphasize strengthening in a controlled and safe fashion