

PECTORALIS REPAIR PROTOCOL

I. Zero to Six weeks Post-op: Initial Phase

Precautions:

- A. Avoid resisted internal rotation for 8 weeks.
- B. Avoid external rotation greater than 30 degrees for 6 weeks.
- C. No flexion or abduction greater than 90 degrees for 6 weeks.
- D. Continue use of sling until 6 weeks post op.

Therapeutic Exercises:

- A. Elbow and forearm active range of motion, progress to resistive range of motion to tolerance.
- B. Active assisted forward flexion, scaption and abduction less than 90 degrees.
- C. Pendulum exercises.
- D. Passive and active assisted external rotation not past 30 degrees at 0 degrees abduction.
- E. Gentle passive internal rotation behind the back to tolerance.
- F. Isometric scapular retractions, depression.
- G. Passive range of motion flexion and abduction not past 90 degrees, external rotation at 0 degrees abduction not past 30 degrees, internal rotation at 45 degrees abduction to tolerance.

II. Six Weeks Post-op: Active Range of Motion Stage

- A. Active assisted range of motion forward flexion and scaption and abduction to tolerance achieving full range of motion.
- B. Passive and active assisted external rotation to tolerance at 0 and 45 degrees abduction.
- C. Continue passive internal rotation behind the back to tolerance.
- D. Active range of motion, forward flexion, scaption, external rotation, extension, horizontal abduction, rows, internal rotation, start gravity lessened, progress against gravity as tolerated.
- F. Submaximal isometric abduction, external and internal rotation, extension.

H. PROM to tolerance flexion, abduction, external rotation at 0 and 45 degrees abduction and internal rotation at 45 and 90 degrees abduction.

III. Eight Weeks Post-op: Strengthening Phase

- A. Continue progressive PROM and AAROM to achieve full shoulder ROM.
- B. Advance external rotation range of motion as tolerated at 90 degrees abduction.
- C. Initiate progressive resisted exercise shoulder flexion, abduction, external and internal rotation, horizontal abduction, horizontal adduction, extension, adduction, retraction.
- D. Initiate rhythmic stabilization internal and external rotation at 0 degrees, 45 degrees, and 90 degrees abduction. Initiate flexion and extension rhythmic stabilization at 90 degrees flexion and horizontal abduction and adduction rhythmic stabilization at 90 degrees flexion.
- E. Start light closed chain stabilization exercise in standing (i.e. wall pushups).
- F. UBE

IV. Twelve Weeks Post-op: Advanced Strengthening and Stabilization

- A. Continue progressive resisted exercise as above.
- B. Initiate rotator cuff strengthening at 90 degrees abduction.
- C. Progress closed chain stabilization exercise against body weight (i.e. table pushups progressing to floor, swiss ball stabilization).

V. Sixteen Weeks Post-op: Functional progression

- A. Continue strengthening as above
- B. Begin plyoball training.
- C. Begin throwing progression.
- D. Simulate sport specific motion for over-head athletes.