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Post-Operative Rehabilitation Guidelines for Pectoralis Major Repair

Weeks 0-2

Sling at all times. Keep incision dry.

May begin active/passive elbow/wrist/hand ROM

Weeks 2-6

Continue sling.

Continue elbow/wrist/hand ROM

Shoulder passive ROM only:

Keep arm in front of axillary line. (no shoulder extension)

Supine FF to 90°.

ER to 30°

Begin Cuff Isometrics.

Weeks 6-12

May D/C sling.

Begin Active/Active Assist shoulder motion.

Restore Full passive shoulder ROM (No Limits).

Cuff/Scapular stabilizer strengthening.

Week 12- 6 Months

No immobilization.

Progress with strengthening.

Allow light bench press.

May resume full strengthening activities at 6 months.