

## **POSTOPERATIVE REHABILITATION GUIDLINES PECTORALIS MAJOR REPAIR**

### **0-2 Weeks:**

- Sling at all times. Keep incision dry.
- May begin active/passive elbow/wrist/hand ROM

### **2-6 Weeks:**

- 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.°

### **6-12 Weeks:**

- 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.