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Pectoralis Major Repair Protocol:

The patient underwent an Open pectoralis major repair of the clavicular and sternal heads with unicortical pec buttons. The patient will be in a sling for 6 weeks and pendulums will begin at the first postoperative visit. Additionally at the first postop visit passive forward elevation with the arm adducted is allowed to 100°. The patient should avoid active abduction, forward elevation, and external rotation. At 6 weeks gentle passive range of motion is gradually progressed to full range of motion over the next 6 weeks. A periscapular strengthening program is also added at the 6-week mark in addition to isometric strengthening (with the limitation that the patient should avoid adduction, internal rotation, and horizontal adduction). At 3 months, range of motion should be nearly full, and an emphasis is placed on regaining strength. Pectoralis major strengthening is begun with single arm pulleys and bands and include horizontal adduction, internal rotation, forward elevation, and shoulder adduction exercises. Rotator cuff and parascapular strengthening should also be included. At 4-5 months the patient may begin pushups and bench press with light weight and high repetition. Return to unrestricted activity is at the 6-month mark.