



Duke Orthopaedics: Upper Extremity Division

Christopher Klift, MD

3609 SW Durham Dr, Durham, NC 27707

Pectoralis Major Repair

Phase 1 (0-4 weeks)

- **Sling Immobilizer:** Worn at all times – sleep with pillow under elbow to support the operative arm
- **ROM:** Supported pendulum exercises under guidance of PT
- **Therapeutic Exercises:**
 - Hand exercises
 - Elbow and wrist AROM with shoulder in neutral position at side
 - May ride stationary bike with arm in sling

Phase 2 (4-6 weeks)

- **Sling Immobilizer:** Worn at all times – sleep with pillow under elbow to support the operative arm
- **ROM:** AAROM in the supine position with wand
 - **Goal:** Forward elevation to 90 degrees
- **Therapeutic Exercises:**
 - Hand exercises
 - Elbow and wrist AROM with shoulder in neutral position at side
 - Shoulder shrugs/scapular retraction without resistance
 - May ride stationary bike with arm in sling

Phase 3 (6-8 weeks)

- **Sling Immobilizer:** May be discontinued
- **ROM:** AROM only in pain-free range
 - **NO PROM**
 - **AAROM:** pulleys, supine wand, wall climb
 - **Goals:** Forward elevation to 120 degrees and abduction to 90 degrees, ER to tolerance
- **Therapeutic Exercises:**
 - Hand exercises
 - Elbow and wrist AROM with shoulder in neutral position at side
 - Submaximal isometrics

Phase 4 (8-12 weeks)

- **ROM:** AROM and AAROM only in the pain-free range
 - **NO PROM**
 - **Goals:** Full ROM
- **Therapeutic Exercises:**
 - Light theraband (ER, ABD, Extension)

- Bicep/Tricep PRE's
- Prone scapular retraction exercises (no weights)
- Wall push-ups (no elbow flexion >90 degrees)

Phase 5 (3-6 months)

- **ROM:** Full ROM
- **Therapeutic Exercises:**
 - Theraband (ER, ABD, Extension) with increasing resistance
 - May start light weight training at 4 months post-op (no flies or pulldowns)
 - Regular pushups
 - Return to sport at 6 months post-op