

**Carlton Houtz, MD**

**Highland Clinic Orthopaedics and Sports Medicine**

**Pectoralis Major Repair**

	<b>RANGE OF MOTION</b>	<b>IMMOBILIZER</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0 - 6 weeks</b>	PROM only; passive FF to 130 with arm adducted; avoid active adduction, FF, or ER	Sling at all times	Hand/wrist/elbow ROM permitted; passive pendulums; ice
<b>PHASE II 6-12 weeks</b>	PROM all planes; avoid active IR and adduction	D/C sling	Periscapular and isometric strengthening
<b>PHASE III 12-16 weeks</b>	Full AROM and PROM	None	Resisted strengthening exercises (bands,pulleys); periscapular/RTC strengthening exercises; no dips, pushups, bench press, flies, military press
<b>PHASE IV 4-6 months</b>	FROM	None	Pushups, light weight dumbbell bench press begun