

**(PROTOCOL #20) POST OPERATIVE PECTORALIS MAJOR COMPLETE TEAR PROTOCOL**

Jackson Orthopedic Specialists, P.L.L.C.

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The following is a set of general guidelines. It is important to remember that each patient is different. The progression of the patient depends on many factors including age and medical health of the patient and physician preferences. Any bracing is discontinued **ONLY UPON DIRECTION OF PHYSICIAN.**

PHASE	FUNCTIONAL PROGRESSION/ACTIVITIES	GOALS/RESTRICTIONS
Post-op to 14 days	Sling Pendulum exercises 4x daily (flexion, circles) Elbow/hand gripping & ROM exercises Cryotherapy/Ice for pain and inflammation – 15to 20 minutes every hour	Maintain integrity of the repair Gradually increase passive range of motion(PROM) Diminish pain and inflammation Prevent muscular inhibition <b>Precautions to be maintained through Week 6:</b> Sleeping – sleep in sling or brace Maintain arm in brace, remove only for exercise No lifting of objects No shoulder abduction, forward elevation of external rotation No excessive or aggressive stretching or sudden movements No supporting of body weight by hands No bimanual activities (pulling on pants/socks, etc.)
3 to 6 weeks	All of the above including: Continue sling through Week 4(through Week 6 in repaired under tension) Continue pendulum exercises	Allow healing of soft tissue Do not overstress healing tissue Decrease pain & inflammation To Increase PROM

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	Continue use of cryotherapy/ice as needed if still swollen PROM forward elevation to 130° with arm in adduction	
7 – 10 weeks	All of the above including: Continue PROM Start active-assisted ROM(AAROM) exercises (i.e. Pulleys, etc) Work on scapula-humeral rhythm, peri-scapular strengthening program (no push-ups plus, pectoral exercises) May use arm for light activities of daily living (ADL's) May begin active ROM(AROM) as tolerated Isometric exercises (avoid shoulder adduction, internal rotation and horizontal adduction) May begin gentle strengthening exercises to shoulder	Attain full ROM Normal scapula-humeral rhythm  <b>Milestones:</b> 7 – 10 weeks: > 50% pre op passive ROM
10 – 16 weeks	All of the above including: Continue ROM & stretching to maintain full ROM Pectoralis Major strengthening is begun <ul style="list-style-type: none"> <li>○ Single arm pulleys and bands <ul style="list-style-type: none"> <li>● Horizontal adduction</li> <li>● Internal rotation</li> <li>● Forward elevation</li> <li>● Shoulder adduction</li> </ul> </li> </ul> Rotator cuff (RTC) strengthening Continue peri-scapular strengthening (may begin push-ups plus against wall)	Maintain full non-painful ROM Enhance functional use of upper extremity Improve muscular strength & power Gradual return to functional activities  <b>Milestones:</b> 10 – 12 weeks Passive ROM equal to pre op level Active ROM equal to pre op level
17 to 20+ weeks	All of the above including: Continue stretching, if motion is tight Begin floor push-ups	<b>Activities:</b> Gradually increase activity <b>Driving:</b> 6 weeks <b>Golf:</b> 20 to 24 weeks

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	Dumbbell bench presses with light weight and high repetition	<b>Lifting:</b> Light lifting can begin at 4-6 weeks Avoid lifting heavy items for 3 months <b>Contact Sport:</b> E.G. Horse riding, rugby, football, martial arts, racquet sports and rock climbing – As recommended by your surgeon
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