

## Pectoral Repair Rehabilitation Protocol

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-6	<ul style="list-style-type: none"> <li>• Protect surgical site</li> <li>• Decrease pain and inflammation</li> <li>• PRICE principles</li> <li>• Maintain integrity of repair</li> <li>• Improve scapular mechanics</li> </ul>	<ul style="list-style-type: none"> <li>• No lifting of any object</li> <li>• Wear immobilizer with bolster except for hygiene and exercise performance (6 weeks)</li> <li>• ROM limited to:               <ul style="list-style-type: none"> <li>○ 90° flexion</li> <li>○ ER to neutral</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Active assisted range of motion of elbow, wrist and hand.</li> <li>• Scapular retraction</li> <li>• Week 2-3: Supine passive range of motion of shoulder flexion and ER.</li> <li>• Week 2-3: Core training may be initiated</li> <li>• Cryotherapy: 5-7times per day</li> <li>• Initial visit: FOTO, QuickDASH</li> </ul>
Weeks 6-12	<ul style="list-style-type: none"> <li>• Maintain integrity of repair</li> <li>• Progress PROM</li> <li>• Initiate AAROM to AROM               <ul style="list-style-type: none"> <li>○ Goals at week 12:                   <ul style="list-style-type: none"> <li>• Full ER</li> <li>• 135° flexion,</li> <li>• 120° abduction</li> </ul> </li> </ul> </li> <li>• Normal scapular mechanics at week 12</li> <li>• Improve muscle activation</li> <li>• Improve motor control</li> </ul>	<ul style="list-style-type: none"> <li>• Sling worn for comfort beginning week 6, wean as tolerated</li> <li>• Do not force motion</li> <li>• No weight bearing through involved shoulder</li> <li>• No resisted IR or adduction</li> <li>• Keep all strengthening exercises below the horizontal plane</li> </ul>	<ul style="list-style-type: none"> <li>• Week 6: Progress PROM in all planes as tolerated.</li> <li>• Week 8: AAROM initiated and advanced to AROM as tolerated</li> <li>• Week 8: Shoulder isometrics may be initiated</li> <li>• Week 8: Begin resistive exercises for: scapular stabilizers, biceps, triceps, and rotator cuff. (below horizontal plane)</li> <li>• Week 8: Core/LE training               <ul style="list-style-type: none"> <li>○ Single plane/multi joint exercises</li> <li>○ Balance/proprioception</li> </ul> </li> <li>• Week 6: FOTO, QuickDASH</li> </ul>
Weeks 12-16	<ul style="list-style-type: none"> <li>• Maintain integrity of repair</li> <li>• Progress RTC exercises</li> <li>• Progress scapular stabilizer strengthening</li> <li>• Full range of motion without compensation</li> </ul>	<ul style="list-style-type: none"> <li>• Do not force motion</li> <li>• No weight bearing through involved shoulder</li> </ul>	<ul style="list-style-type: none"> <li>• Advancement to isotonic exercise program per tolerance in all planes</li> <li>• Week 12: Begin muscle endurance exercise on upper body ergometer</li> <li>• Week 12: Cycling and Running permitted</li> <li>• Week 12: FOTO, QuickDASH</li> </ul>
Weeks 16-24	<ul style="list-style-type: none"> <li>• Address any remaining asymmetries in strength, endurance and movement patterns</li> <li>• Initiation of power development in athletes</li> </ul>	<ul style="list-style-type: none"> <li>• May begin loading through shoulder and initiate push-ups and bench press</li> <li>• Avoid aggravation of repair</li> <li>• Continue with low impact activity</li> </ul>	<ul style="list-style-type: none"> <li>• Continue with multiplane strength and initiate multiplane stretching.               <ul style="list-style-type: none"> <li>○ Avoid aggravation of repair</li> </ul> </li> <li>• Advance proprioception exercises</li> <li>• Anaerobic and aerobic interval training (low impact)</li> <li>• Week 16: Core/LE training               <ul style="list-style-type: none"> <li>○ Light loading through shoulder begins</li> <li>○ Multi plane/multi joint exercises</li> <li>○ Balance/proprioception</li> </ul> </li> <li>• Week 20: Initiate plyometric activity</li> <li>• Week 20: Initiate interval sports program               <ul style="list-style-type: none"> <li>○ Met strength and mobility goals</li> <li>○ Begin throwing program, running program, golf program</li> </ul> </li> <li>• Week 16: FOTO, QuickDASH</li> <li>• Week 16: HHD testing (per MD)</li> </ul>

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Weeks >24	<ul style="list-style-type: none"><li>• Initiate return to sport progression</li><li>• Initiate plyometric exercise progression</li><li>• Initiate higher level impact activity</li></ul>	<ul style="list-style-type: none"><li>• Focus on form and control during exercise performance</li><li>• Use of appropriate work rest intervals</li><li>• Assess tolerance to activity during, after and at 24 hours after activity</li><li>• No lifting greater than 50% pre op 1RM until 6 months post op</li></ul>	<ul style="list-style-type: none"><li>• Low level sport specific activity, progressing to higher demand activity</li><li>• Continue with Anaerobic and aerobic interval training</li><li>• Continue with core stability</li><li>• Stability in all planes of motion</li><li>• Progress plyometric activities</li><li>• Week 24: FOTO, QuickDASH</li></ul>
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