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**Dr. Chad Myeroff's Rehabilitation Protocol**

Pectoralis Major Repair

**Three times per day home exercise program including:**

Phase 1: Week 0-6 (1<sup>st</sup> post-op PT visit should immediately follow 2-week post-op surgical visit)

- Maintain sling use (except for hygiene, TID finger, wrist, elbow AROM and therapy)
  - OK for axillary cares (hangs) but no pendulum swings / Codman's.
- POD 7-14: Begin formal PT AND three times daily (TID) home exercise program (HEP)
  - Posture, rhomboid isometrics
  - Supine gravity eliminated PROM FF 0-90°, ER to neutral°, Abduction 0-60°
- No lifting > weight of coffee cup

Phase 2: Week 6-12

- Wean out of sling (maintain sling use for one more week in public)
- Full unrestricted PROM progressing towards AAROM
  - Pulleys, table slides, supine wand exercises in all planes
- Periscapular isometrics
- May begin to use arm for ADLs avoiding any shoulder AROM
- No lifting > weight of coffee cup

Phase 3: Week 12-16

- Advance to AROM
- Add Phase II stretching and phase I cuff strengthening, periscapular strengthening
- Add light biceps and triceps strengthening
- No lifting > 5lbs

Phase 4: Week 16+

- Progressive unrestricted general shoulder strengthening and conditioning
- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment



More info: [twincitiesshoulderandelbow.com/pectear/](http://twincitiesshoulderandelbow.com/pectear/)



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