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Pectoralis Major Repair Rehab Guidelines

- Sling for 6 weeks
- Pendulums started immediately

0-6 weeks postop

- Pendulums exercises
- Passive Forward flexion to 130° in ADDUCTED position
- No Active Motion

6 weeks - 3 months

- Increase Passive motion as tolerated
- Goal : **Full ROM by 12 weeks postop**
- Start A/AAROM in all planes
- Start Periscapular Strengthening
- Start Gentle Isometrics

3 Months

- Start Pec Strengthening with Single Arm Pulleys and Bands
- Include RC Strengthening & Periscapular exercises

6 months

- May start Bench Pressing / Pushups with light weight
- Goal Normal return at 8 - 12 months