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Syracuse Orthopedic Specialists, PC

**Patient name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**PHYSICAL THERAPY PRESCRIPTION AND PROTOCOL:  
Pectoralis Major Repair**

**General**

- First follow-up with MD at approximately 10-14 days after surgery
- Stitches removed if well-healed
- Sling at all times for 4 weeks

**Phase I: 0-4 weeks post-op**

- Sling at all times
- NO shoulder PROM
- May perform pendulums 1-2x per day
- Elbow / wrist ROM - passive and active OK, with shoulder in neutral at side (IR / ADD)
- Grip strengthening
- Stationary bike with immobilizer on – no weight bearing on involved UE (i.e. no stairmaster)
- May do forearm strengthening; absolutely no biceps strengthening

**Phase II: 4-6 weeks post-op**

- Discontinue sling at night prn
- Continue sling during day
- Continue all above exercises
- May begin gentle shoulder PROM: Maximum 90° forward flexion, 20° ER, 45° abduction

**Phase III: 6-8 weeks post-op**

- D/C sling completely
- Continue shoulder PROM: Maximum 135° forward flexion, 45° ER, 90° abduction
- Begin active/active assisted ROM to tolerance within above limits

**Phase IV: 8-12 weeks post-op**

- Advance shoulder PROM: To full overhead forward flexion, 60° ER, 135° abduction
- Begin deltoid/rotator cuff isometrics at 8 weeks
- Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff (ER only; no IR resistance)
- May initiate closed-chain scapula
- *AGAIN, NO resisted IR or adduction*

**Phase V: 12-16 weeks post-op**

- Advance shoulder PROM to full in all direction
- Advance activities in Phase IV; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization
- May start wall push-ups
- Begin muscle endurance activities (upper body ergometer)
- Cycling/running okay at 12 weeks

**Phase VI: 16 weeks - ??? post-op**

- Aggressive scapular stabilization and eccentric strengthening
- Begin plyometric and throwing/racquet program as needed
- Table push-ups (body at 45°), gradually advance to floor push-ups and planks
- Continue with running / endurance activities
- May advance to full athletic competition once all above achieved (estimate 5 months)

**Frequency: 2-3x per week**

**Duration: 20 weeks**

**Special instructions:** \_\_\_\_\_

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