

PECTORALIS MAJOR REPAIR

	Post op
Immediate	<ul style="list-style-type: none"> • Sling and body belt for 6 weeks • Postural and scapula setting • Neck, elbow, wrist & hand exercises
Day 1-3 Weeks	<ul style="list-style-type: none"> • Passive/Active Assisted ROM in all direction <i>within safe zones</i> • Do not force or stretch
3-6 Weeks	<ul style="list-style-type: none"> • Do not force or stretch • Gentle isometric exercises in neutral as pain allows • Wean off sling • Progress to open chain exercises as tolerated
6 Weeks +	<ul style="list-style-type: none"> • Progress to full active and resistance exercises in all ranges

Milestones	
4 Weeks	> 50% pre-op passive ROM
6 Weeks	Passive ROM equal to pre op level
12 Weeks	Active ROM equal to pre op level

Sling – Donjoy Aircast

Return to Functional Activities

Driving	6 weeks
Swimming	Breaststroke - 6 weeks Freestyle - 12 weeks
Golf	6 weeks
Contact Sport	e.g. Horse riding, rugby, football, martial arts, racquet sports and rock climbing: 6-12 weeks*
Lifting	Begin light lifting at 4-6 weeks, avoid heavy lifting for 3 months
Work	Sedentary - As tolerated Manual - 6-12 weeks*

PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2-3 WEEKS