

Nikhil Verma, MD
Hailey Merk, MSM, MMS, PA-C
Lisa Raaf, MS, PA-C
1611 W. Harrison, Suite #300
Chicago, IL 60612
Vermapa@rushortho.com
Fax: 708-409-5179
www.sportssurgerychicago.com

MIDWEST
ORTHOPAEDICS
at RUSH



Post-Operative Rehabilitation Guidelines for Pec Major Repair

Weeks 0-2

Sling at all times. Keep incision dry.
May begin active/passive elbow/wrist/hand ROM

Weeks 2-6

Continue sling.
Continue elbow/wrist/hand ROM
Shoulder passive ROM only:
 Keep arm in front of axillary line. (no shoulder extension)
 Supine FF to 90°.
 ER to 30°
Begin Cuff Isometrics.

Weeks 6-12

May D/C sling.
Begin Active/Active Assist shoulder motion.
Restore Full passive shoulder ROM (No Limits).
Cuff/Scapular stabilizer strengthening.

Week 12- 6 Months

No immobilization.
Progress with strengthening.
Allow light bench press.

May resume full strengthening activities at 6 months.