



Pec Major Repair

Post-Operative Rehabilitation Protocol

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

- **Upper Body Assessment when initiating return to activity progression.
Schedule via QR code or spc@rushortho.com

