



## 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](mailto:spc@rushortho.com)

