



## SHAYNE KELLY, DO

ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

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### POST-OPERATIVE REHABILITATION PROTOCOL

## Pectoralis Major Repair

### Weeks 0–2 PROTECT THE REPAIR

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

**GOALS** Sling per protocol

### Weeks 2–6 PROTECTED MOTION

- 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.

**GOALS** No stretch on repair

### Weeks 6–12 ACTIVE MOTION

- 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.

**GOALS** Full AROM

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### Return to Sport & Discharge Criteria

- Full pain-free ROM; pressing strength  $\geq 90\%$  before max effort
- Bench press / contact sport per Dr. Kelly (commonly 6+ months)

*Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.*

