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WOODSON PECTORALIS MAJOR REPAIR REHAB PROTOCOL

General Info:

This is a list of general guidelines for a pectoralis major repair rehab program. These guidelines may change based on fixation, condition of repaired tissue, variations in surgical procedures, age, and patient's response to treatment. Please call our office if there are any questions.

Post-Op Weeks 0-6: Phase I

- ROM:
 - 0-2 weeks: quiet in sling
 - 2-4 weeks: passive flexion to 90° and external rotation to 45° in scapular plane
 - 4-6 weeks: progress passive flexion to 140° and external rotation to 60°
- Sling Use:
 - 0-4 weeks: for comfort and use outside of the home
 - 4+ weeks: DC per MD
- Strengthening and Conditioning:
 - 0-2 weeks:
 - Active elbow, wrist and hand ROM
 - Biking and elliptical in sling
 - 2-4 weeks:
 - Light 3-way isometrics at 0° (flexion, abduction and extension)
 - Scapular retractions and bent-over rows
 - Lower extremity strengthening in sling
 - Biking and elliptical in sling
 - 4-6 weeks:
 - Light band rows (NO extension past mid-line)
 - Resisted band external rotation
 - Lower extremity strengthening (lunges and squats)
 - Ladder drills and slide board in sling
- Criteria for progression to Phase II:
 - 6 weeks post-op
 - < 2/10 pain at worst
 - DC'd sling per MD
 - MD approval

Post-Op Weeks 6-12: Phase II

- ROM:
 - 6-8 weeks: progress flexion and external rotation (at side) to full
 - 8-10 weeks: progress overhead flexion and external rotation (at 90° abduction) to full
 - 10-12 weeks: full symmetry and gleno-humeral joint MOBS

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- Strengthening: NO resisted open chain quad strengthening for 12 weeks
 - 6-8 weeks:
 - Resisted rows
 - Shoulder extension
 - External and internal rotation isometrics
 - 8-12 weeks:
 - Progress resisted rows, extensions and external rotation
 - Light resisted internal rotation
 - Resisted biceps and triceps
 - Lower extremity strengthening (lunges and squats)
- Conditioning:
 - 6-10 weeks:
 - Initiate jogging, ladder drills, and slide board
 - 10-12 weeks:
 - Initiate sprinting and plyometric jumping
- Criteria for progression to Phase III:
 - 12 weeks post-op
 - 0/10 pain
 - >95% ROM symmetry
 - 70% external rotation strength symmetry
 - MD approval

Post-Op Weeks 12-20: Phase III

- ROM:
 - 12+ weeks: full symmetry
- Strengthening and Plyometrics:
 - 12-16 weeks:
 - Initiate light dumbbell pressing
 - Push-up progression (wall → full)
 - Progress resisted internal rotation
 - Trampoline ball-tosses
 - 16-20 weeks:
 - Full resisted upper body strengthening
- Throwing and Conditioning:
 - 16+ weeks:
 - Initiate interval throwing program with MD approval
 - 16-20+ weeks: full lower extremity strengthening, plyometrics and agility
- Criteria for progression to Phase IV:
 - 0/10 pain
 - External and internal rotation strength symmetry > 90% normal
 - >60% external/internal rotation strength ration
 - >90% symmetry on seated shot-put test
 - MD approval

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Post-Op Weeks 20+: Return to Play

- Strengthening and Plyometrics:
 - 20+ weeks:
 - Progress resisted rows, extensions and external rotation
 - Light resisted internal rotation
 - Resisted biceps and triceps
- Throwing and Conditioning:
 - Initiate mound progression with MD approval
 - Progress full lower extremity strengthening, plyometrics and agility

Criteria for Return to Play:

- External and internal rotation strength symmetry > 90% normal
- 0/10 pain
- >60% external and internal rotation strength ration
- >90% symmetry on seated shot-put test
- MD approval