
Post-Op Protocol for Gregory V. Gomez, MD
Pectoralis Major Repair

Week 0-2

- Maintain sling use at all times. Ok to remove 3x/day to work on motion to the elbow, wrist, and fingers
- Avoid all activities that hyperextend the shoulder
- Shoulder shrugs
- Scapular retractions
- Passive ROM and Active Assist ROM w/ Cane or Stick
 - Flexion 0-90 degrees (week 1)
 - ER to 30 degrees with Elbow at your side (week 1/2)
 - Flexion 0-100 degrees (week 2)
- No lifting > #2 Pencil

Week 3-4

- Maintain sling use until week 6
- Gradually progress Passive and Active Assist ROM (cane/pulley)
 - Flexion to 115 degrees
 - ER to 45 degrees with the elbow at your side
 - IR to 45 degrees with the elbow slightly away from the body
- PT to begin at 4 weeks post op
 - ROM exercises
 - Deltoid and Rotator Cuff isometrics
 - No Internal Rotation Strengthening
- No lifting > cup of coffee

Week 5-6

- Progress ROM as tolerated
 - Forward Flexion to 160
 - ER/IR to 45 degrees with the abducted to 25-30°
- Closed Chain Strengthening ie: Ball on Wall

Week 7-14

- No need for arm sling unless in large crowds
- Initiate Light Biceps and IR strengthening
- At Week 20+: Sport Specific Drills, Lat Pull Down, Flys, Initiate Interval Throwing