



PT INSTRUCTIONS

Pec Major Repair

0-2 WEEKS

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

2-6 WEEKS

- 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.°

6-12 WEEKS

- 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.

12-20 WEEKS

- Leg Press: Squats (80 to 0 degree arc)



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ORTHOPEDIC SURGERY

- AAROM exercises
- Proprioception Training (Prop Board, BAPS) Lunges
- Advanced Proprioception training (perturbations) Agility exercises (sport cord)
- Versaclimber
- Retrograde treadmill running
- Quadriceps stretching

20-26 WEEKS

- Start forward running (if descend 8" step satisfactorily)
- Continue lower extremity strengthening, flexibility, proprioceptive & agility programs
- Initiate plyometric program (if sufficient strength base)
- Functional Hop Test (>85% contralateral)

>26 WEEKS

- Continue lower extremity strengthening, flexibility, proprioceptive & agility programs
- Advance plyometric program
- Advance agility and sport specific program