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Post-Operative Rehabilitation Guidelines for
Pectoralis Major Repair

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****