



NEWTON-WELLESLEY
SPORTS MEDICINE

Keep doing what you love



MASSACHUSETTS
GENERAL HOSPITAL

Sports Medicine

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REHAB PROTOCOL: REPAIR OF PECTORALIS MAJOR

PHASE ONE

0- 6 WEEKS

IMMOBILIZE TO ALLOW FOR REPAIR TO HEAL
SLING AND SWATH AT ALL TIMES (DAY AND NIGHT)
ICE COMPRESS: (CRYOCUFF) CONTINUOUSLY FOR 1 WEEK THEN
REGULARLY 20MIN FOR 3- 5 TIMES DAILY AS NEEDED.
AT 4 WEEKS MAY START PASSIVE ROM AVOIDING ABDUCTION AND
EXTERNAL ROTATION UNTIL 6 WEEKS.

PHASE TWO

6 WEEKS- 8 WEEKS

PASSIVE ROM- INITIATE FORWARD FLEXION AND INTERNAL
ROTATION
INITIATE ACTIVE ASSIST/ACTIVE MOTION
PENDULUMS
ACTIVE AND PASSIVE FF
START ABD WITH ARM IN IR
START ER WITH ARM ADDUCTED
DO NOT COUPLE THESE MOTIONS
D/C SLING

PHASE THREE

8 WEEKS

START ISOMETRICS OF PECTORALIS & OTHER SHOULDER
GIRDLE MUSCLES

10 WEEKS

CAN COUPLE ABDUCTION AND ER MOVEMENTS WITHOUT
RESTRICTIONS

12 WEEKS

START LIGHT RESISTIVE EXERCISES

PHASE FOUR

4 MONTHS (16 WEEKS)

INITIATE HEAVY RESISTIVE STRENGTHENING PROGRAM



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PREPARE TO RETURN TO CONTACT SPORTS AT 5 – 6 MONTHS.

HEAVY WEIGHT LIFTING AT 6 MONTHS