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REHAB PROTOCOL: Pectoralis Major Tear Non-op

Name: _____ **Date:** _____

Diagnosis: _____ **Date of Surgery:** _____

Phase I (Protection Phase): Weeks 1-6

Precautions

- NO combined shoulder abduction and external rotation.

Exercises

- Patient education, posture correction and ergonomics
- Outpatient pain medication, joint mobilization, soft tissue mobilization and modalities – ice, heat, ultrasound, etc during the acute phase
 1. Rotator cuff strengthening protocol- Eccentric protocol; isometric --> therabands-->light weight --> med-heavy weight
 2. Scapular stabilization and strengthening exercises-Active

Phase II: Weeks 6-12

- Start pectoralis strengthening exercises (isometric followed by eccentric starting 10 weeks onwards)
- Continue Phase I exercises

Phase III: Week 12-16 weeks

- Gentle end range stretching exercises
- Continue pectoralis strengthening protocol

Phase IV (Advanced strengthening) Month 4 onwards

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- Advanced strengthening
- Push up progression [wall, table, chair and regular (over 6 weeks time period)]
- Weight lifting and bench press is introduced at submaximal weights (light weights) between 4-5 months and gradually worked up to 50% of prior 1 repetition max (RM)

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ TENS
- ◇ Trigger point massage

Evaluations and Other

- ◇ Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____