

PEC REPAIR PROTOCOL

Shoulder immobilizer will be worn 4 weeks during the day and 1 additional week at night. Many times the physician will hold physical therapy for the first 2 weeks after surgery. On the first post-op day, the patient's surgical dressings should be changed and they should be shown the exercises for post-op days 1-14. They then will not return to physical therapy for 2 weeks, unless otherwise specified by the physician

POST-OP DAYS 1-14:

PROM (**do not want to elicit a “stretching sensation”)

Flexion to 90 degrees

IR to 45 degrees in the scapular plane

Avoid Abduction and ER for first 2 weeks

- Shoulder Immobilizer x 4 weeks during the day, 1 more week at night
- Hand Gripping Exercises
- Wrist and hand ROM
- Elbow flexion & extension AAROM
- Shoulder Shrugs
- Codman's Pendulum Exercises
- Cervical ROM, lateral flexion
- Cryotherapy with e-stim

POST OP WEEKS 2-4 (DAYS 15-28):

PROM – continue to avoid aggressive stretching with PROM

Flexion to 120 degrees

Abduction to 90 degrees

IR as tolerated in scapular plane

ER to 15-20 degrees start at 20 degrees abduction and progress to stretching in scapular plane

- Submax isometrics (shoulder extension, abduction, ER, and triceps)
- AROM elbow flexion/extension (add weight as tolerated start with theraband resistance)
- Add resistance to gripping, wrist and forearm exercises
- Supported RS
- Scapular PNF

POST OP WEEKS 4-6 (DAYS 29-42):

****Discontinue use of sling after 4 weeks during the day and 5 weeks at night****

PROM:

Flexion to 150 degrees

Abduction to 120 degrees

ER 35 degrees by end of week 4; 50 degrees by end of week 5; 65 degrees by the end of week 6 in scapular plane

- Add bicep, gentle adduction, gentle IR, gentle flexion isometrics
- Scapular Retraction without resistance
- AAROM:
 - supine wand flexion and ER in scapular plane to range of motion limits
 - pulleys- flexion and scaption

POST OP WEEKS 6-8: (Day 43-56)

PROM: all motions to tolerance at 60-70 degrees of abduction

- Supine Balance point (flexion and D2), progressing to active supine flexion and D2
- Supine punch
- Rhythmic stabilization unsupported at 90 degrees of flexion
- Prone extension and prone row
- SL ER

POST OP WEEKS 8-12: (Day 57-84)

PROM: Continue Stretching and add joint mobs to achieve or maintain full range of motion

- UBE
- Prone horizontal abduction palm down initially and progress to horizontal abduction with thumb up and thumb down
- Prone flexion at 135 degree angle
- Rhythmic stabilization at various angles
- Standing PRE's and D2
- ER/IR with theraband resistance
- Horizontal abduction and adduction with theraband resistance
- Push-up plus on wall
- Bodyblade- IR/ER at side, 90 degrees flexion and scaption
- **Week 10** - progress closed chain exercises, weight bearing on an uneven surface (BAPS, BOSU)
- **Week 11:** wall push ups

POST OP WEEKS 12-16: (Day 85-112)

PROM: Continue Stretching and Joint Mobs if necessary

- **Week 12-** Standing D2 and Hor Abd with RS
Bodyblade at 90/90
90/90 ER/IR with theraband resistance
Impulse
- **Week 14-** 2 hand plyos: chest pass
overhead throw
rotation
woodchop
tricep slam
- **Week 15-** 1 hand plyos: semicircle and 90/90 wall dribbles
kneeling D2
- **Week 16-** Bodyblade 90/90
Kneeling ER flip plyos
Initiate hitting program and restricted sport activities (half golf
Swings and light swimming)

WEEK 18– Initiate Interval Throwing Program

Please call with any questions!
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