



Pt must take
These forms on Discharge

Patient:
DOS:

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REHAB PROTOCOL FOR 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 TILL 6 WEEKS.

PHASE TWO

6 WEEKS- 8 WEEKS

PASSIVE ROM- INITIATE THE 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
DC SLING

Frank, I put all these
dates in my calendar.

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

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

HEAVY WEIGHT LIFTING AT 6 MONTHS