

Pec Major Repair – Rehabilitation

PHASE	WEEK	GOALS	INSTRUCTIONS
PHASE 1 PROTECT REPAIR & PREVENT STIFFNESS	Weeks 0-2	Pain control Protect repair	Sling for first 6 weeks Analgesia Physio education Elbow/wrist/hand exercises
	Weeks 2-6	Protect repair Prevent stiffness FF to 90, ER to neutral	Sling for first 6 weeks Supine PROM and AAROM (FF 90, ER 0) Avoid abduction, extension Shoulder shrugs and scapular retraction
PHASE 2 INCREASE ROM	Weeks 6-8	AAROM FF 120, ABD 90 IR (LS junction)	Discontinue sling AAROM exercises
	Weeks 8-12	Achieve full ROM Regain fitness	Progressive AAROM and AROM to full ROM Low resistance (Theraband) for ABD/EXT/ER Recommence running (ideally treadmill)
PHASE 3 STRENGTHENING & CONDITIONING	Months 3-4	Maintain full ROM Light strengthening	Start low resistance (Theraband) – ADD/FLEX/IR Push up progression (wall, table, chair) Graduated cuff and peri-scapular conditioning Full running program
	Months 4-6	Maintain full ROM Advance strengthening Conditioning	Overhead throwing Swimming Weights with increased resistance - start pull downs and pec flies (no bench press)
PHASE 4 RETURN TO FULL ACTIVITY	Months 6+	Gradual return to sport Prevent re-injury	Full activities as tolerated Continue previous exercises (increasing resistance) May start bench press (light weight, high rep) - indefinitely avoid high weight, low rep)