

**PECTORALIS REPAIR
PHYSICAL THERAPY PROTOCOL
DR. BRADLEY RAPHAEL MD**

STAGE 1

0-4 WEEKS POST-OPERATIVE

- Do not start physical therapy until instructed to.
- Sling at all times.
- Elbow and wrist range of motion, both passive and active.
- No passive range of motion for the shoulder.
- No bicep strengthening.

STAGE 2

4-6 WEEKS POST-OPERATIVE

- Discontinue sling at night - continue sling during the day.
- Gentle shoulder passive range of motion (forward flexion maximum 90 degrees, abduction maximum 45 degrees, external rotation maximum 15 degrees).
- Continue elbow and wrist range of motion.

STAGE 3

6-8 WEEKS POST-OPERATIVE

- Discontinue Sling.
- Continue passive range of motion (forward flexion maximum 135 degrees - abduction maximum 90 degrees).
- Active assisted range of motion as tolerated with restrictions above.

STAGE 4

8-12 WEEKS POST-OPERATIVE

- **Shoulder passive range of motion (full overhead forward flexion maximum 60 degrees ~ abduction maximum 135 degree).**
- **Start resistance exercises biceps, rotator cuff and tricep.**
- **ER only no IR resistance.**
- **Began deltoid and rotator cuff isometric.**

STAGE 5

12-16 WEEKS POST-OPERATIVE

- **Advance to full passive range of motion.**
- **May start wall push-ups, jogging, endurance activities.**
- **Advance external rotation and latissimus eccentrics and glenohumeral stabilization.**

DR. BRADLEY RAPHAEL MD

 **(315) 701-4024**

 **raphaelmd.com**

 **Practicing Locations**

8324 OSWEGO ROAD SUITE B LIVERPOOL, NY 13090

5719 WIDEWATERS PARKWAY SYRACUSE, NY 13214

5801 EAST TAFT ROAD NORTH SYRACUSE, NY 13212