



## Pectoralis Major Repair

The following is an outline of instructions and information for post-operative pectoralis major tendon repair. Although you may have been told different information from friends or others, please follow these instructions. If your particular procedure and instructions differ, you will appropriately be informed.

### Weeks 0-2

- Visit to your General Practitioner or Dr Chien's rooms between 10 to 14 days post surgery. Dressings to come off, wound reviewed and stitches removed (if non-dissolving).
- No exercises until end of 2nd week
- Keep in shoulder immobilizer at all times
- Ice packs if available

### Weeks 3-6

- Visit to Dr Chien's rooms at 6-8 weeks
- Week 3: Continue in sling unless performing exercises
- Passive range of motion exercises
- External rotation to neutral – increase by 5 degrees every week
- Forward elevation to 45 degrees – increase by 10 degrees every week
- Week 4: Wean out of sling
- Continue passive range of motion
- Begin abduction to 25 degrees – increase by 5 degrees per week
- Begin isometrics to all shoulder muscles EXCEPT for pectoralis major
- Week 6: Discontinue sling
- Continue passive range of motion
- Forward elevation to 75 degrees
- Abduction to 35 degrees
- External rotation to at 0 degrees abduction to 15 degrees

### Weeks 7-12

- Continue passive range of motion to full
- Begin sub maximal isometrics to pectoralis major in the shortened position – progress to neutral length (avoid isometrics at full tendon stretch)
- Progress to full shoulder range of motion AFTER week 12

### Months 3-6+

- Visit to Dr Chien's rooms at 3-6 months
- Strengthening to commence
- Avoid bench press motion with greater than 50% of prior 1 repetition max (RM)
- Gradually work up to 50% of 1 RM over next month.
- Stay at 50% prior 1 RM until 6 months post-operative, then 100% of 1 RM after 12 months



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**Warnings:**

Notify Dr. Chien immediately or present to the Emergency Dept if any of the following occur:

- **Excessive bleeding**
- **Excessive non-bloody wound drainage beyond the first 3-4 days**
- **Poor pain control**
- **Numbness or tingling not related to bruising**
- **Fever  $>37.5^{\circ}\text{C}$  after postoperative day 3**
- **Increased redness along incision**