

Pectoralis Major Repair Steadman Hawkins Protocol

**This protocol is for acute (<3 months w/ anchor fixation)

***If chronic or augmentation required, modify protocol per surgeon

******Ultra sling (small pillow) for weeks 0-2** **Regular sling for weeks 3-6**

Phase 0- QUIET

Week 0-1

Quiet in sling with Elbow/Wrist/Hand
Begin active scapular retraction/elevation exercises with therapist cueing
(no protraction)

Phase 1 – PASSIVE

Pendulums to warm-up beginning week 1

Week 2-6

Passive External Rotation – 0° - 30° beginning at 2 weeks
Passive Forward Elevation - 0° - 120° beginning at 2 weeks
Passive IR to waist/no extension/IR behind body
Active biceps/triceps
**gradual progression of ER and FE without pain*

Phase 2 – ACTIVE

Active ROM with terminal passive stretch

Week 7-9

Forward Elevation – after 6 weeks; progress gradually to full
External Rotation – after 6 weeks; progress gradually to full
Internal Rotation – Full (begin behind the back)
Prone Scapular (Ys/Ts/Is)
Begin AROM in supine and progress to upright
**gradual progression of ER and FE in supine/gravity assisted before upright*

Phase 3 – RESISTED

Week 12

Resisted Internal Rotation/Forward Elevation/Horizontal Adduction after
12 weeks
Standing forward punch
Overhead resisted work “behind head” after 12 weeks

Initiation of Interval Sport Programs/Weight Training

Week 14-16

Keep hands withing eyesight, Keep elbows bent, no long lever arms
Minimize overhead activities (below shoulder) until after 16 weeks
(No Military press, pull downs behind head, or wide grip bench) until 20
weeks