

heekin orthopedic S P E C I A L I S T S

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PEC MAJOR REPAIR **PHYSICAL THERAPY PROTOCOL**

Preoperative Guidelines

- AROM scapula, GH joint, elbow, hand
- Decrease edema and pain
- Educate Patient on post-op protocol

Note: Exercise prescription is dependent upon the tissue healing process and *individual* functional readiness in *all* stages. If any concerns or complications arise regarding the progress of any patient, physical therapy will contact the orthopedist

Phase I (Post-op Weeks 0-4)

- No PROM, No Running**
- Shoulder Immobilizer at all times (except during exercises)
- Hand squeezing exercises with ball
- Elbow and wrist AROM with shoulder in neutral position at side (IR/ADD)
- Stationary bike with immobilizer on – **no** weight bearing on involved UE (i.e. **no** stairmaster)
- Week 3-4 – biceps curls and triceps ext (arm at side) with light weight (< 5#)

Goals: Pain control, full elbow flex and extension ROM, full wrist/hand ROM

Phase II (Weeks 5 – 6)

- No PROM, No Running**
- Continue shoulder immobilizer (except during exercises)
- Shoulder shrugs, protraction, retraction, scapular mobilization
- Supine AAROM flexion to 90 degrees
- Gentle box isometrics
- Continue stationary bike

Goals: Supine AAROM: Flexion to 90 degrees, no increase in pain or edema

Phase III (Weeks 7– 8)

- No PROM, No Running**

- D/C immobilizer
- Continue appropriate previous exercises
- AAROM in flexion > 90 degrees
- AROM/AAROM in ER and ABD to tolerance
- Submax isometrics
- Treadmill – Walking progression program

Goals: Flexion 120 degrees, Abd 90 degrees, Active ER as tolerated

Phase IV (Weeks 9 – 12)

- No PROM, No Running**
- Continue appropriate previous exercises
- AROM, AAROM through full range
- Wall push-ups with a plus (non-ballistic)
- Body blade... begin bilateral UEs and progress to unilateral
- Ball Toss with lightest ball (arm at side and chest pass)
- Elliptical trainer
- Treadmill – progress to jogging

Goals: Gradual progression to full AROM by 12 weeks, 50 wall push-ups

Phase V (Months 3 – 4)

- Continue appropriate previous exercises
- PROM as needed to regain full ROM
- Gentle pec stretches
- Theraband IR/ER; biceps, triceps resistance training as tolerated
- Begin upper body workouts with **VERY LIGHT** resistance
 - No elbow flexion > 90 degrees on bench press, military press, “mini” dips
 - Light weight, dips on machine with max assist: not regular dips
 - No flys
 - Shrugs, RC exercises
- UBE 10 mins forwards and 10 mins backwards at low resistance
- Table push-ups (body at ~45 deg)
- Fitter, BAPS on hands, scapular stabilization, light rhythmic stabilization, perturbations
- Ball toss – advance as tolerated
- Stairmaster
- Treadmill – Running progression program

Goals: Full shoulder ROM with normal scapulothoracic and GH joint rhythm, 50 table push-ups

Phase VI (Months 5 – 6)

- Continue appropriate previous exercises
- Knee push-ups: progress to regular push-ups...(not > 90 degrees elbow flexion until after 6 mos)
- Begin progression to heavier resistance upper body workouts
- UE plyometric progression/sports specific drills/throwing progression
- Continue ROM restrictions (no >90 deg elbows) on bench, p/u, mil press, dips
- Advance to outside running program

Goals: 50 knee pushups or 30 regular pushups, Normal Pectoralis Major strength,

No contact sports until 6 months post-op