



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

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PT Protocol - Pec Repair

Phase I (Protection Phase): Weeks 1–6

Precautions

- NO passive shoulder abduction, external rotation and extension beyond limits described
- NO combined shoulder abduction and external rotation
- NO active internal rotation of shoulder

Immobilization

- Arm in sling except during shower, hygiene and therapy

Exercises

- Active ROM of hand, wrist and elbow in sling
- Shoulder Passive ROM (elbow visible at all times – no shoulder extension):
 - - Supine therapist assisted FF to 90°
 - - Supine therapist assisted passive ER to neutral
- Scapular closed chain exercises (shrugs, depression, protraction, retraction)

Phase II (Range of Motion): Weeks 6–12

Precautions

- NO passive stretching at end range
- NO combined shoulder abduction and external rotation or extension and external rotation
- NO active internal rotation of shoulder against resistance

Immobilization

- Wean the sling

Exercises

- Shoulder ROM: AAROM → AROM; advance as tolerated
- Forward elevation (120° by 9 weeks and 150° by 12 weeks and advance as tolerated)



- External rotation with arm at side (20° by 9 weeks and 45° by 12 weeks)
- Scapular strengthening exercises
- Submaximal isometrics (IR and ER) initiated during later half of this phase (10 weeks onwards)
- Scapular stabilization exercises

Phase III (Strengthening): Weeks 12–16

- Gentle end range stretching exercises
- Strengthening protocol – therabands followed by light weight

Phase IV (Advanced Strengthening): Month 4 onwards

- Advanced strengthening
- Push up progression [wall, table, chair and regular over 6 weeks]
- Weight lifting and bench press is introduced at submaximal weights (light weights) between 5–6 months and gradually worked up to 50% of prior 1 RM
- Unrestricted activity (bench press) and return to contact sports starting at 6 months after physician approval

Modalities

- Heat and Ice, Ultrasound, Iontophoresis, Phonophoresis, Therapists' discretion, TENS

Evaluation and others

- Teach home exercise program

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:
www.lucasmyersonmd.com

