

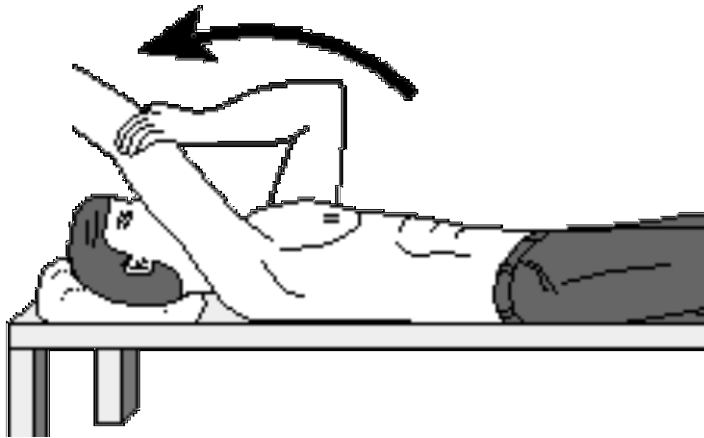
# PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

G. CLAY BAYNHAM, M.D. | MICHAEL COONEY, M.D. | MELISA ESTES, M.D. | VINCENT FOWBLE, M.D. | KENNETH GERSZBERG, M.D.  
BRIAN HILL, M.D. | JOHN HINSON, M.D. | JAMES KERPSACK, M.D. | JUSTIN KEARSE, M.D. | MICHAEL LEIGHTON, M.D. | FERNANDO MORA, M.D.  
ANDREW NOBLE, M.D. | SCOTT NORRIS, D.O. | JOHN SCHILERO, D.P.M. | ANDREW SELTZER, D.O. | GARY WEXLER, M.D.

## Rehabilitation Protocol Pec Repair

### PHASE I: Protected ROM (6 weeks)

- Keep clear plastic dressing in place until follow-up visit. This is waterproof. If there is any drainage, please contact the doctor.
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should always in place for weeks 0-4 except for during exercises . May wear during daytime only weeks 5-6.
- Initiate exercise program 3 times per day:
  - Immediate elbow, forearm and hand range of motion out of sling
  - Pendulum exercises
- Avoid all active and active assistive exercises until cleared by the surgeon. This includes pulley exercises, wand and supine assisted exercises.
- **At 4 weeks:**
- Passive scapular plane elevation as tolerated (see picture below)
- Passive external rotation of the shoulder to tolerance (see picture below)
- 3 to 5 times each day you should perform assisted overhead reaching and external rotation (outward turning) exercises with the operative arm. Both exercises should be done with the non-operative arm used as the "therapist arm" while the operative arm remains relaxed. Ten of each exercise should be done three to five times each day.



trying to help the arm up a little higher each time.

Overhead reach is helping to lift your stiff arm up as high as it will go. To stretch your overhead reach, lie flat on your back, relax, and grasp the wrist of the tight shoulder with your opposite hand. Using the power in your opposite arm, bring the stiff arm up as far as it is comfortable. Start holding it for ten seconds and then work up to where you can hold it for a count of 30. Breathe slowly and deeply while the arm is moved. Repeat this stretch ten times,

(561) 694-7776 | [www.pboi.com](http://www.pboi.com)

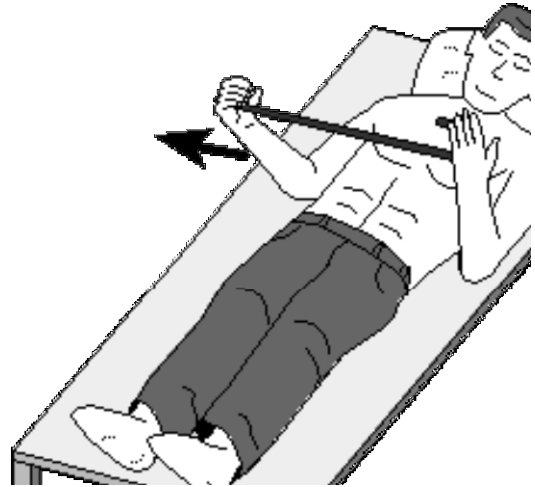
4215 BURNS RD, SUITE 100, PALM BEACH GARDENS, FL 33410 | 2055 MILITARY TR, SUITE 200, JUPITER, FL 33458  
1411 FLAGLER DR, SUITE 9800, WEST PALM BEACH, FL 33401 | 7701 SOUTHERN BLVD, SUITE 100, WEST PALM BEACH, FL 33411

# PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

G. CLAY BAYNHAM, M.D. | MICHAEL COONEY, M.D. | MELISA ESTES, M.D. | VINCENT FOWBLE, M.D. | KENNETH GERSZBERG, M.D.  
BRIAN HILL, M.D. | JOHN HINSON, M.D. | JAMES KERPSACK, M.D. | JUSTIN KEARSE, M.D. | MICHAEL LEIGHTON, M.D. | FERNANDO MORA, M.D.  
ANDREW NOBLE, M.D. | SCOTT NORRIS, D.O. | JOHN SCHILERO, D.P.M. | ANDREW SELTZER, D.O. | GARY WEXLER, M.D.

---

External rotation is turning the arm out to the side while your elbow stays close to your body. External rotation is best stretched while you are lying on your back. Hold a cane, yardstick, broom handle, or dowel in both hands. Bend both elbows to a right angle. Use steady, gentle force from your normal arm to rotate the hand of the stiff shoulder out away from your body. Continue the rotation as far as it will go comfortably, holding it there for a count of 10. Repeat this exercise ten times.



## **PHASE II: Progressive ROM** (6 to 12 weeks)

- May discontinue the sling.
- Start AAROM and AROM – includes pulleys, wand and supine gravity assisted exercises. Emphasize all motions including IR behind the back at 10-12 weeks
- Isolate and strengthen scapular stabilizers, rotator cuff
- No resisted IR/adduction
- Lifting restriction of 5 pounds should be reinforced with patient.

## **PHASE III:** (> 12 weeks)

- Gradual return to full AROM
- Discontinue formal lifting restrictions.
- Advance strengthening (Theraband, dumbbells, Hughston's exercises, etc). Include home cuff/glenohumeral strengthening program. Continue to emphasize scapular stabilizers.
- Equate active and passive range of motion. Encourage scapulohumeral mechanics during active shoulder motion.
- Simulate work/recreational activities and work to improve endurance.
- Okay for plank/push-ups @ 16 weeks

---

(561) 694-7776 | [www.pboi.com](http://www.pboi.com)

4215 BURNS RD, SUITE 100, PALM BEACH GARDENS, FL 33410 | 2055 MILITARY TR, SUITE 200, JUPITER, FL 33458  
1411 FLAGLER DR, SUITE 9800, WEST PALM BEACH, FL 33401 | 7701 SOUTHERN BLVD, SUITE 100, WEST PALM BEACH, FL 33411