



Town Center

ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
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Post-operative Instructions: Pec Major Repair

- Keep sling on at all times except hygiene until follow up. OK for elbow/wrist/hand exercises. OK for pendulum exercises
- 10-14 days: Follow up with me for wound check. Start supine passive assisted ROM FE to 80, ER to neutral. No active shoulder motion. Stay in sling. Lift <2lbs.
- 4 weeks: Transition to sling only at night and when outside. Progress passive FE to 120, ER to 30.
- 6 weeks: Follow up with me. Wean out of sling. Start therapy and active shoulder ROM. Advance to Phase 2 stretching (assisted extension, assisted internal rotation, cross body adduction) and Phase 1 strengthening (with resistance bands: external rotation, extension, flexion, abduction). OK for isometric strengthening for internal rotation and adduction. Continue stretching until ROM normal. Lift < 5 lbs. Can drive. Avoid push-ups and flies.
- 12 weeks: Continue strengthening until normal. Start light weight training supine and gradually sit up. No push up, bench press, deadlift, lifting overhead > 20 lbs until at least 4 months.
- 4 months: Full duty manual labor.
- 5-6 months: OK for contact sports if back to normal strength
- No 1 rep max benching until at least 9 months.