



# Town Center

## ORTHOPAEDICS

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HAND & WRIST SURGERY  
UPPER EXTREMITY SURGERY  
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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 day follow up: Remove dressing and if any sutures, apply steristrips
- 2-4 weeks: Start supine passive assisted ROM FE to 80, ER to neutral, no active shoulder motion. Lift <2lbs.
- 4-6 weeks: Sling only at night and when outside at 4 weeks. Progress passive FE to 120, ER to 30.
- 6-12 weeks: Wean out of sling. Start active shoulder ROM. Advance to phase 2 stretching (assisted extension, assisted internal rotation, cross body adduction) and phase 1 strengthening (with resistance bands: internal rotation, external rotation, extension, flexion, abduction). Start resistance bands, isometric strengthening, and continue stretching until ROM normal. Lift < 5 lbs. Can drive.
- 12+ weeks: Continue resistance bands. Start light weight training supine and gradually sit up. No push up, bench press, deadlift, lifting overhead > 20 lbs until at least 4 months.
- Return to work with limited duty at 2-3 months, full duty 4-6 months. Contact sports > 5 months (One arm hop test)
- No 1 rep max benching until at least 9 months