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## **Post-Operative Rehabilitation Guidelines for Pec Major Repair**

### Weeks 0-2

Sling at all times. Keep incision dry.  
May begin active/passive elbow/wrist/hand ROM

### Weeks 2-6

Continue sling.  
Continue elbow/wrist/hand ROM  
Shoulder passive ROM only:  
    Keep arm in front of axillary line. (no shoulder extension)  
    Supine FF to 90°.  
    ER to 30°  
Begin Cuff Isometrics.

### Weeks 6-12

May D/C sling.  
Begin Active/Active Assist shoulder motion.  
Restore Full passive shoulder ROM (No Limits).  
Cuff/Scapular stabilizer strengthening.

### Week 12- 6 Months

No immobilization.  
Progress with strengthening.  
Allow light bench press.

May resume full strengthening activities at 6 months.