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Postoperative Rehabilitation Guidelines/Protocols
Pectoralis Major Tendon Repair

PHASE 1: 0 - 6 weeks

0-2 Weeks:

- Sling Immobilization at all times except for hygiene
- Active ROM exercises to the Elbow, Wrist and Hand
- NO ROM of the SHOULDER

2-6 Weeks

- Sling for daytime use only
- Begin PROM
- True Passive (ONLY) ROM Shoulder. NO ACTIVE MOTION.
 - Pendulums
 - Limit 90 degree flexion, 45 ER, 20 extension, and 45 abduction
- Posterior capsule mobilization; avoid stretching of anterior capsule

PHASE 2: 6 - 12 weeks

- Discontinue sling
- Begin Active Assist ROM and advance to passive ROM as Tolerated
 - Full ER, 135 flexion, 120 abduction
- Begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks
- Begin resisted exercises for scapular stabilizers, biceps, triceps, and RC; initiate closed chain scapula
- No resisted IR/Adduction

PHASE 3: 12-16 weeks

- Gradual return to full active ROM
- Emphasize ER and latissimus eccentrics, GH stabilization; plank/push ups at 16 weeks
- Begin muscle endurance activities (upper body ergometer)
- Cycling/running okay at 12 weeks

PHASE 4: 4-5 months

- Full and painless ROM
- Aggressive scapular stabilization and eccentric strengthening
- Begin plyometric and throwing/racquet program; continue endurance activities
- Maintain ROM and flexibility

PHASE 5: 5-7 months

- Full and painless ROM
- Return to full activity as tolerated