



Post-Operative Rehabilitation for Pectoralis Major Tendon Repair

Phase I: Weeks 0-6

- Sling
 - 0-4 Weeks: Worn at all times, including sleep. May remove for showering and exercise.
 - 4-6 Weeks: Worn during the day only.
- ROM
 - 0-4 Weeks: **NO Shoulder motion**
 - 4-6 Weeks:
 - Begin Passive ROM
 - Limit ER to 45°
 - Limit Flexion to 90°
 - Limit Extension to 20°
 - Limit Abduction to 45°
- Exercises:
 - 0-2 Weeks: Elbow, wrist and hand ROM. Grip strengthening
 - 2-6 Weeks:
 - Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule.

Phase II: Weeks 6-12

- Sling- May discontinue sling
- ROM
 - Begin active/active assisted ROM. Continue with passive ROM to tolerance
 - Full ER
 - Flexion 135°
 - Abduction 120° abduction
- Exercises:
 - Continue Phase I exercises
 - Begin active assisted exercises
 - At 8 Weeks: Begin deltoid/rotator cuff isometrics
 - Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff; initiate closed-chain scapula*
 - **NO** resisted IR/Adduction

**Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II*

Phase III: Weeks 12-16

- ROM
 - Progress to Full AROM and Pain free
- Exercises:
 - Advance activities in Phase II exercises with emphasis on external rotation and latissimus eccentrics, glenohumeral stabilization;
 - Begin muscle endurance activities (upper body ergometer)
 - 12 weeks: May begin Cycling/running
 - 16 weeks: May begin plank/push-ups

Phase IV: 4-5 Months

- ROM: Full/Pain free
- Exercises:
 - Aggressive scapular stabilization and eccentric strengthening
 - Begin plyometric and throwing/racquet program
 - continue with endurance activities

Phase IV: 5-7 Months

- ROM: Full/Pain free
- Exercises:
 - Progress Phase IV activities
 - Return to full activity as tolerated