

Pectoralis Major Tendon Repair Rehabilitation Program

Phase I (Weeks 1-4)

Range Of Motion

- Pendulum exercises under guidance of PT

Sling

- Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night.

Therapeutic Exercise

- Elbow and wrist AROM (with shoulder in neutral position at side), hand exercises, patient may ride stationary bike with arm in sling

Phase 2 (Weeks 4-6)

Range Of Motion

- AAROM in the supine position with wand
- Goal – Forward flexion to 90

Sling

- Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night.

Therapeutic Exercise

- Elbow and wrist AROM (with shoulder in neutral position at side), hand exercises, shoulder shrugs/scapular retraction without resistance

Phase 3 (Weeks 6-8)

Range Of Motion

- AROM in the pain free range – NO PROM, AAROM (pulleys, supine wand, wall climb)
- Goals – Forward flexion to 120, Abduction to 90, ER to tolerance, IR and extension (wand behind the back)

Sling

- Discontinue sling

Therapeutic Exercise

- Elbow and wrist AROM (with shoulder in neutral position at side), hand exercises, submaximal isometrics

Phase IV (Weeks 8-12)

Range Of Motion

- AROM and AAROM in the pain free range – NO PROM
- Goals – Full ROM

Sling

- None

Therapeutic Exercise

- Light theraband (ER, Abduction, Extension), Biceps and Triceps PREs, Prone Scapular Retraction Exercises (without weights), Wall push-ups (no elbow flexion > 90 degrees)

Phase V (Months 3-6)

Range Of Motion

- Full ROM

Sling

- None

Therapeutic Exercise

- Light theraband (ER, Abduction, Extension) with increasing resistance, May start light weight training at 4.5 months post-op (no flies or pull downs), Regular push-ups
- Return to athletics 6 months post-op