

REHABILITATION PROTOCOL

Pectoralis Major Tendon Repair

- Wear your sling for 6 weeks (sleep included)

POST OP WEEK 1-2

Goals:

1. Minimize pain and inflammation
2. Maintain integrity of repair
3. Gradually increase PROM
4. Focused arthrokinematics

Exercises:

1. Pendulum exercises 4 times daily (flexion, circles)
2. Elbow and wrist ROM exercises
3. Hand ROM and grip strength

POST OP WEEK 3-6

Goals:

1. Minimize pain and inflammation
2. Allow soft tissue healing
3. Increase PROM

Exercises:

1. Begin resisted elbow/wrist exercises with light dumbbell (<5 lbs.) with shoulder in neutral position
2. PROM forward flexion to 130 degrees with arm adducted only
3. Shoulder shrugs, scapular retraction without resistance

POST OP WEEK 7-12

Goals:

1. Full pain-free ROM
2. Normal scapular kinesis
3. Discontinue sling

Exercises:

1. Gentle AROM in pain-free ROM, NO PROM
2. Begin AAROM (pulleys, supine wand, wall climb) Flexion >90 degrees, abduction and ER to tolerance, IR and extension (wand behind back)
3. Periscapular strengthening program (no push-ups plus)
4. Isometric exercises (AVOID adduction, IR and horizontal adduction)

POST OP WEEK 13-23

Goals:

1. Maintain full pain-free ROM
2. Enhance functional use of UE, gradual return to functional activity.
3. Improve muscular strength and power

Exercises:

1. Begin pectoralis major strengthening (single arm pulleys and bands-adduction, horizontal adduction, IR and forward flexion)
2. Begin rotator cuff strengthening, can progress periscapular program to add push-ups please against wall.