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## **Post-operative Rehabilitation Protocol** **Pectoralis Major Tendon Repair**

### 0-4 weeks post op

- Modalities as needed
- Sling for 6 weeks. May remove for stretching/ROM exercises
- Pendulum exercises
- Passive supine elevation using the opposite hand to 130 degrees
- Hand, wrist, and elbow range of motion and progressive resistance exercises

### 4-6 weeks post op

- Continue as above
- Deltoid and rotator cuff isometrics
- Advance ROM to include passive supine elevation to full; passive ER to 25 degrees
- Avoid anterior capsule stretching
- Begin scapular strengthening program, in protective range

### 6-12 weeks post op

- Continue above
- Passive forward elevation, abduction, internal rotation, progress as tolerated
- Progress external rotation gradually to full
- Begin active forward elevation, external rotation, abduction
- Utilize exercise arcs avoid stress on the anterior capsule
- No Active internal rotation or adduction

### 12 weeks+ post op

- Continue above
- Aggressive upper extremity progressive resistance exercises
- May initiate / continue active ROM in all planes
- Internal and external rotation isokinetics, velocity spectrum
- Progress to plyometrics and proprioceptive neuromuscular facilitation
- Gradual increase in weights / strengthening as tolerated
- Sports-specific rehab

### Return to Sport/Activity

- Doctor OK
- Passing strength test if requested
- Completion of throwing program if requested