Pectoralis Major Tendon Repair Rehabilitation Protocol

0-4 Weeks Post-Op:

| Goals | • Minimize pain and swelling  
         • Maintain light shoulder range of motion  
         • Use modalities as indicated to control pain and inflammation |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Precautions/ Sling Use</td>
<td>• Must wear sling (all components) at all times, except during home exercises and physical therapy</td>
</tr>
</tbody>
</table>
| Range of Motion | • Pendulum exercises (3x/day)  
         • Passive supine forward flexion with assistance of opposite hand (limit to 130°)  
         • Hand, wrist, and elbow range of motion as tolerated |
| Strengthening | • Peri-scapular strengthening exercises  
         • Elbow, wrist and hand exercises |
| Home Instructions | • Keep surgical dressings clean and dry  
         • Change surgical bandages on the 2nd day after surgery (keep covered until first clinic visit)  
         • Can bathe on the 2nd day after surgery (do not scrub, soak, or submerge the incisions)  
         • Must sleep in the sling  
         • May type or write with surgical side hand, but only while in the sling |

4-6 Weeks Post-Op:

| Goals | • Minimize pain  
         • Improve passive ROM  
         • Begin light isometric strengthening exercises |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Precautions/ Sling Use</td>
<td>• Continue to wear sling (all components) at all times, except during home exercises and physical therapy</td>
</tr>
</tbody>
</table>
| Range of Motion | • Passive supine range of motion  
         o Forward Flexion to full as tolerated  
         o External Rotation to 25°  
         • Avoid anterior capsule stretching  
         • Elbow extension and flexion |
| Strengthening | • Peri-scapular strengthening exercises  
         • Shoulder sub-maximal (pain free) deltoid and rotator cuff isometrics  
         • Wrist and hand exercises with light resistance if appropriate |
### Home Instructions
- Continue to sleep in sling
- Can submerge incision in water after first post-op visit only when incision is completely healed
- Can continue to write or type with operative hand while in sling
- No lifting with operative shoulder
- Do not support bodyweight with operative shoulder

### 6-12 Weeks Post-Op:

**Goals**
- Progress PROM

**Precautions/Sling Use**
- Discontinue sling use at 6 weeks post-op

**Range of Motion**
- Progress PROM as tolerated in all directions (caution with external rotation)
- Begin active shoulder flexion, external rotation, and abduction
  - Avoid active internal rotation and horizontal adduction
- Avoid stretching anterior capsule

**Strengthening**
- Continue isometric exercises in all directions
- Continue scapular exercises
- Begin isometric exercises in flexion, extension, abduction, and external rotation
- Begin very light upper extremity resistive exercises avoiding IR until 10 weeks post-op
  - Avoid stress on the anterior capsule

**Home Instructions**
- Discontinue sling
- No overhead work
- No repetitive motions with the shoulder

### 12+ Weeks Post-Op:

**Goals**
- Progress resistance exercises
- Restore full active ROM

**Precautions/Sling Use**
- No sling use
- Proceed with strengthening gradually

**Range of Motion**
- Begin active internal rotation and adduction motion
- Progress to/ maintain full active ROM

**Strengthening**
- Progress upper extremity resistive strengthening exercises
- Gradual increase exercises to incorporate weights, progress as tolerated
- Can begin single arm strengthening of pec muscle and progress to resistance and weights
- Advance to plyometric exercises once aggressive resistive exercises are achieved with full strength
- Incorporate sport-specific strengthening and plyometric exercises
Home Instructions

- Work on restoring normal activities of daily living
- Progressively advance weight restriction for at-home activities
- Discuss specific activity/sport restrictions with your surgeon

Criteria for Return to Sport:

- Doctor has cleared athlete for return to sport
- Passing strength testing if requested
- Completion of throwing progression if applicable

For any questions about operative details or rehabilitation guidelines, please contact the respective surgeon’s Athletic Trainer at the contact information found at this link: https://med.virginia.edu/orthopaedic-surgery/orthopaedic-divisions/sports-medicine/protocols/