



## Pectoralis Major Tendon Repair Rehabilitation Protocol

### 0-4 Weeks Post-Op:

<b>Goals</b>	<ul style="list-style-type: none"><li>• Minimize pain and swelling</li><li>• Maintain light shoulder range of motion</li><li>• Use modalities as indicated to control pain and inflammation</li></ul>
<b>Precautions/ Sling Use</b>	<ul style="list-style-type: none"><li>• Must wear sling (all components) at all times, except during home exercises and physical therapy</li></ul>
<b>Range of Motion</b>	<ul style="list-style-type: none"><li>• Pendulum exercises (3x/day)</li><li>• Passive supine forward flexion with assistance of opposite hand (limit to 130°)</li><li>• Hand, wrist, and elbow range of motion as tolerated</li></ul>
<b>Strengthening</b>	<ul style="list-style-type: none"><li>• Peri-scapular strengthening exercises</li><li>• Elbow, wrist and hand exercises</li></ul>
<b>Home Instructions</b>	<ul style="list-style-type: none"><li>• Keep surgical dressings clean and dry</li><li>• Change surgical bandages on the 2<sup>nd</sup> day after surgery (keep covered until first clinic visit)</li><li>• Can bathe on the 2<sup>nd</sup> day after surgery (do not scrub, soak, or submerge the incisions)</li><li>• Must sleep in the sling</li><li>• May type or write with surgical side hand, but only while in the sling</li></ul>

### 4-6 Weeks Post-Op:

<b>Goals</b>	<ul style="list-style-type: none"><li>• Minimize pain</li><li>• Improve passive ROM</li><li>• Begin light isometric strengthening exercises</li></ul>
<b>Precautions/ Sling Use</b>	<ul style="list-style-type: none"><li>• Continue to wear sling (all components) at all times, except during home exercises and physical therapy.</li></ul>
<b>Range of Motion</b>	<ul style="list-style-type: none"><li>• Passive supine range of motion<ul style="list-style-type: none"><li>○ Forward Flexion to full as tolerated</li><li>○ External Rotation to 25°</li></ul></li><li>• Avoid anterior capsule stretching</li><li>• Elbow extension and flexion</li></ul>
<b>Strengthening</b>	<ul style="list-style-type: none"><li>• Peri-scapular strengthening exercises</li><li>• Shoulder sub-maximal (pain free) deltoid and rotator cuff isometrics</li><li>• Wrist and hand exercises with light resistance if appropriate</li></ul>

<b>Home Instructions</b>	<ul style="list-style-type: none"> <li>• Continue to sleep in sling</li> <li>• Can submerge incision in water after first post-op visit only when incision is completely healed</li> <li>• Can continue to write or type with operative hand while in sling</li> <li>• No lifting with operative shoulder</li> <li>• Do not support bodyweight with operative shoulder</li> </ul>
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### **6-12 Weeks Post-Op:**

<b>Goals</b>	<ul style="list-style-type: none"> <li>• Progress PROM</li> </ul>
<b>Precautions/ Sling Use</b>	<ul style="list-style-type: none"> <li>• Discontinue sling use at 6 weeks post-op</li> </ul>
<b>Range of Motion</b>	<ul style="list-style-type: none"> <li>• Progress PROM as tolerated in all directions (caution with external rotation)</li> <li>• Begin active shoulder flexion, external rotation, and abduction <ul style="list-style-type: none"> <li>◦ Avoid active internal rotation and horizontal adduction</li> </ul> </li> <li>• Avoid stretching anterior capsule</li> </ul>
<b>Strengthening</b>	<ul style="list-style-type: none"> <li>• Continue isometric exercises in all directions</li> <li>• Continue scapular exercises</li> <li>• Begin isometric exercises in flexion, extension, abduction, and external rotation</li> <li>• Begin very light upper extremity resistive exercises avoiding IR until 10 weeks post-op <ul style="list-style-type: none"> <li>◦ Avoid stress on the anterior capsule</li> </ul> </li> </ul>
<b>Home Instructions</b>	<ul style="list-style-type: none"> <li>• Discontinue sling</li> <li>• No overhead work</li> <li>• No repetitive motions with the shoulder</li> </ul>

### **12+ Weeks Post-Op:**

<b>Goals</b>	<ul style="list-style-type: none"> <li>• Progress resistance exercises</li> <li>• Restore full active ROM</li> </ul>
<b>Precautions/ Sling Use</b>	<ul style="list-style-type: none"> <li>• No sling use</li> <li>• Proceed with strengthening gradually</li> </ul>
<b>Range of Motion</b>	<ul style="list-style-type: none"> <li>• Begin active internal rotation and adduction motion</li> <li>• Progress to/ maintain full active ROM</li> </ul>
<b>Strengthening</b>	<ul style="list-style-type: none"> <li>• Progress upper extremity resistive strengthening exercises</li> <li>• Gradual increase exercises to incorporate weights, progress as tolerated</li> <li>• Can begin single arm strengthening of pec muscle and progress to resistance and weights</li> <li>• Advance to plyometric exercises once aggressive resistive exercises are achieved with full strength</li> <li>• Incorporate sport-specific strengthening and plyometric exercises</li> </ul>

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**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