



Jordan M. Meiss, M.D.

### Pectoralis Major Tendon Repair Rehabilitation Protocol

#### **PHASE I 0-6 weeks**

**RANGE OF MOTION** 0-3 weeks: None. 3-6 weeks: Begin PROM. Limit 90° flexion, 45° ER, 20° extension, 45° abduction

**IMMOBILIZER** 0-2 weeks: Immobilized at all times day and night. Off for hygiene and gentle exercise according to instruction sheets. 2-6 weeks: Worn daytime only

**EXERCISES** 0-2 weeks: Elbow/wrist ROM, grip strengthening at home only. 2-6 weeks: Begin PROM activities Limit 45° ER, 45° abduction Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule

#### **PHASE II 6-12 weeks**

**RANGE OF MOTION** Begin active/active assisted ROM, passive ROM to tolerance Goals: full ER, 135° flexion, 120° abduction

**IMMOBILIZER** None

**EXERCISES** Continue Phase I work; begin active assisted exercises, deltoid/rotator cuff isometrics at 8 weeks. Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff\*; initiate closed-chain scapula. No resisted IR/Adduction

#### **PHASE III 12-16 weeks**

**RANGE OF MOTION** Gradual return to full AROM

**IMMOBILIZER** None

**EXERCISES** Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization; plank/push-ups @ 16 wks. Begin muscle endurance activities (upper body ergometer). Cycling/running okay at 12 weeks

#### **PHASE IV 4-5 months\*\***

**RANGE OF MOTION** Full and pain-free

**IMMOBILIZER** None

**EXERCISES** Aggressive scapular stabilization and eccentric strengthening. Begin plyometric and throwing/racquet program, continue with endurance activities. Maintain ROM and flexibility



**PHASE V 5-7 months**

RANGE OF MOTION Full and pain-free

IMMOBILIZER None

EXERCISES Progress Phase IV activities, return to full activity as tolerated

\*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II

\*\*Limited return to sports activities