

## **Pectoralis Major Tendon Repair Protocol**

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### **Phase I: 0-4 weeks**

Sling Immobilizer: Worn at all times. Sleep with pillow under elbow to support the operative arm  
Range of Motion: Supported pendulum exercises under guidance of PT  
Therapeutic Exercises: Elbow and wrist active motion (with shoulder in neutral position at the side), hand exercises, patient may ride stationary bike with operative arm in the sling

### **Phase II: 4-6 Weeks**

Sling Immobilizer: Worn at all times. Sleep with pillow under elbow to support the operative arm  
Range of Motion: AAROM in the supine position with wand. Goal: Forward Flexion to 90 degrees  
Therapeutic Exercises: Elbow and wrist active motion (with shoulder in neutral position at the side), hand exercises, shoulder shrugs/scapular retraction without resistance

### **Phase III: 6-8 Weeks**

Sling Immobilizer: May be discontinued  
Range of Motion: AROM in the pain free range. No PROM, AAROM (pulleys, supine wand, wall climb)  
Goals: Forward Flexion to 120 degrees and Abduction to 90 degrees, ER to tolerance, IR and Extension (wand behind the back)  
Therapeutic Exercises: Elbow and wrist active motion (with shoulder in neutral position at the side), hand exercises, submaximal isometrics

### **Phase IV: 8-12 Weeks**

Range of Motion: AROM and AAROM in the pain free range. No PROM, Goals: Full ROM  
Therapeutic Exercises: Light Theraband (ER, Abduction, Extension), Biceps and Triceps PREs, Prone Scapular Retraction Exercises (without weights), Wall Push-Ups (no elbow flexion > 90 degrees)

### **Phase V: 3-6 Months**

Range of Motion: Full ROM  
Therapeutic Exercises: Light Theraband (ER, Abduction, Extension) with increasing resistance, May start light weight training at 4.5 months postop (no flies or pull downs), Regular Push-Ups  
Return to athletics at 6 months postop