

Pectoralis Major Tendon Repair

- A. PROM phase (0-4 weeks)
 - 1. Abduction sling
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. Restrictions: at all times avoid loading Pect Tendon repair, i.e. forced ER or H-Abd
 - 0-2 weeks**
 - a. ER (0): 20-30° range
 - b. Abd: 90°
 - c. Flex: gentle to tolerance
 - 2-4 weeks:** PROM gentle and to tolerance unless physician directs otherwise
 - 4. Exercise
 - a. PROM for glenohumeral joint
 - b. Pendulums and shrugs
 - c. AROM for elbow and distal joints
 - d. Sub-maximal, pain free isometrics (no Abd. or ER)
- B. AAROM phase (4-6 weeks)
 - 1. Sling – Wean from pillow
 - 2. Continue cryotherapy and modalities as indicated
 - 3. Exercise
 - a. AAROM for glenohumeral joint
 - b. Continue PROM as indicated
- C. AROM phase (6-8 weeks)
 - 1. Wean from sling
 - 2. Continue cryotherapy and modalities as indicated
 - 3. Exercise
 - a. AROM for glenohumeral joint
 - b. Focus on restoration of normal arthrokinematics
 - c. Light PRE: Row, Bicep, Shrug
- D. Light Strength phase (8 weeks)
 - 1. Progressive OKC and CKC gym styled program
 - 2. Only light, progressive loads to Pect Tendon repair
- E. Progressive Strength phase (12 weeks)
 - 1. Progressive OKC and CKC gym styled program
 - 2. Progressive, more goal oriented loads to Pect Tendon repair
- F. Sport specific progressions – physician cleared
 - 1. Golf progression ≈ 14 weeks post-op
 - 2. Throwing progression ≈ 16 weeks post-op