

PECTORALIS MAJOR TENDON REPAIR PROTOCOL**Name:** _____**Diagnosis:** _____**Date of Surgery:** _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

___ Weeks 0 - 2

- Sling x 6 weeks at all times – even when sleeping
- Hand squeeze, elbow/wrist AROM
- Deltoid isometrics

___ Weeks 3 - 4

- Continue sling x 6 total weeks and exercises as per weeks 0-2
- Shoulder pendulum exercises, first in sling then out of sling
- Stationary bike with sling if desired for conditioning

___ Weeks 5 - 6

- Continue sling x 6 total weeks and exercises as per weeks 0-4
- Flexion PROM to 90 degrees only
- No external rotation
- Shoulder shrugs and scapular retraction without resistance

___ Weeks 7 - 9

- D/c sling
- PROM progressing to AAROM to 120 flexion, 60 abduction, 30 ER
- PROM only for IR
- Treadmill walking, elliptical without arm motion component, lower extremity only

___ Weeks 10 - 12

- Continue AAROM unrestricted (including IR) and progress to unrestricted AROM
- LIGHT Theraband exercises for external rotation, abduction, extension (no resisted IR) after achieving full ROM
- Prone scapular retraction without weights

___ Months 3 - 4

- Add light theraband IR to above Theraband exercises, progress resistance for ER/Ab/Ext
- Treadmill running ok

___ Months 5 - 6+

- Increase resistive exercises slowly as tolerated (no bench press till 6 months)
- Bench press at 6 months – start light and progress slowly (no “max” prior to 12 months)

Signature _____

Date: _____