

Rehabilitation Protocol: Pectoralis Tendon Repair

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery : _____



Phase I (Weeks 0-2)

- **Sling:** Sling immobilization for 2 weeks
- **Range of Motion:** Passive rest for full 2 weeks
- **Therapeutic Exercises:** No exercise until end of 2nd week



Phase II (Weeks 4-8)

- **Sling:** Wean out sling immobilizer– **week 3**
- **Range of Motion:** Begin Passive ROM
 - External rotation to 0 (**week 2**) – Increasing 5° per week
 - Forward flexion to 45° (**week 2**) – Increasing 5-10° per week
 - **Week 3:** Begin abduction to 30° – increasing 5° per week
 - **Week 5:** Flexion to 75°, abduction to 35°, external rotation to 15° (at 0° of abduction)
- **Therapeutic Exercises**
 - Gentle isometrics to shoulder/arm **EXCEPT** pectoralis major (**week 3**)
 - Scapular isometric exercises (**week 3**)
 - Gentle submaximal isometrics to shoulder, elbow, hand, and wrist (**week 5**)
 - Active scapular isotonic exercises (**week 5**)



Phase III (Weeks 6-12)

- **Range of Motion:** Continue passive ROM to full– full shoulder ROM by week 12
- **Therapeutic Exercises**
 - Continue gentle submaximal isometrics progressing to isotonic (**week 6**)
 - Begin submaximal isometrics to pectoralis major in a shortened position progressing to neutral muscle tendon length (**avoid** isometrics in full elongated position) (**week 6**)
 - Progressive resistive exercises– isotonic machines (**week 8**)
 - Theraband exercises (**week 8**)
 - Scar mobilization techniques (**week 8**)
 - Week 12: Progress strengthening exercise: isotonic dumbbells, 2-handed submaximal plyometrics

**Phase IV (Weeks 12-16+)**

- Gradual return to athletic activity as tolerated
- Continue to progress functional activities of the entire upper extremity
- Avoid bench press motion with greater than 50% of prior 1 repetition max (RM)
- Gradually work up to 50% of 1 RM over next month
- Stay at 50% of prior 1 RM until 6 months post op, then progress to full slowly

Comments:**Frequency:** _____ **times per week****Duration:** _____ **weeks****Signature:** _____**Date:** _____