

Postoperative Rehabilitation Protocol for Pectoralis Major Tendon Repair

**Patient will wear an abduction pillow sling for 6 weeks postoperatively*

**Unless otherwise specified, do not begin PT until patient has been seen for 2-week postoperative visit*

0-4 Weeks Post-Op

- Range of Motion
 - Pendulum exercises (3x/day)
 - Passive supine forward flexion with assistance of opposite hand (limit to 130 degrees)
 - Hand, wrist, and elbow ROM as tolerated
- Strengthening
 - Periscapular strengthening exercises
 - Hand, wrist, and elbow exercises

4-6 Weeks Post-Op

- Range of Motion
 - Passive supine ROM
 - Forward flexion to full as tolerated
 - ER to 25 degrees
 - **Avoid** anterior capsule stretching
 - Elbow extension and flexion
- Strengthening
 - Periscapular strengthening exercises
 - Shoulder sub-maximal (pain free) deltoid and rotator cuff isometrics
 - Hand and wrist exercises with light resistance if appropriate

6-12 Weeks Post-Op

- Range of Motion
 - Progress PROM as tolerated in all directions (caution with ER)
 - Begin active shoulder flexion, ER, and abduction
 - **Avoid** active IR and horizontal adduction
 - **Avoid** stretching anterior capsule
- Strengthening
 - Continue isometric exercises in all directions
 - Continue scapular exercises
 - Begin isometric exercises in flexion, extension, abduction, and ER
 - Begin very light upper extremity resistive exercises. **Avoid IR** until 10 week post-op

12+ Weeks Post-Op

- Range of Motion
 - Begin active IR and adduction motions
 - Progress to / maintain full active ROM
- Strengthening

- Progress upper extremity resistive strengthening exercises
- Gradually increase exercises to incorporate weights (progress as tolerated)
- Can begin single arm strengthening of pec muscle and progress to resistance and weights
- Advance to plyometric exercises once aggressive resistive exercises are achieved with full strength
- Incorporate sport-specific strengthening and plyometric exercises

Return to Sport Criteria

- MD has cleared athlete for return to sports
- Passing strength testing if requested
- Completion of throwing progression, in applicable