

# Pectoralis Major Tendon Repair Protocol

	Phase I: weeks 0-2	Phase II: weeks 3-4	Phase III: weeks 5-6
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>• Sling <u>at all times</u> (including while sleeping) except for hygiene</li> <li>• Non-weight-bearing</li> </ul>	<ul style="list-style-type: none"> <li>• Sling <u>at all times</u> (including while sleeping) except for hygiene and select PT/HEP exercises</li> <li>• Non-weight-bearing</li> </ul>	
Aerobic	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Stationary bike in sling if desired</li> </ul>	
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>• ROM <ul style="list-style-type: none"> <li>▸ Full hand, wrist, and elbow AROM</li> </ul> </li> <li>• Hand squeezes</li> <li>• Deltoid isometrics</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase I exercises as necessary</li> <li>• Pendulum exercises, first in sling and then out of sling</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase I and II exercises as necessary</li> <li>• ROM <ul style="list-style-type: none"> <li>▸ Passive flexion to 90° only</li> <li>▸ No ER</li> </ul> </li> <li>• Shoulder shrugs and scapular retraction without resistance</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Heat before and/or ice after PT sessions as needed</li> <li>• Modalities as needed to reduce swelling and for muscle re-education</li> <li>• Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>		
Goals	<ul style="list-style-type: none"> <li>• Pain and inflammation control</li> <li>• Protection of tissue healing</li> <li>• Minimize joint stiffness</li> </ul>		

	<b>Phase IV: weeks 7-9</b>	<b>Phase V: weeks 10-12</b>	<b>Phase VI: months 3-4</b>	<b>Phase VII: months 5-6+</b>
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>Discontinue sling</li> <li>Non-weight-bearing</li> </ul>	<ul style="list-style-type: none"> <li>No sling</li> <li>Progressive weight-bearing (see below)</li> </ul>		
Aerobic	<ul style="list-style-type: none"> <li>Treadmill walking and elliptical with lower extremities only (no handlebars) if desired</li> </ul>		<ul style="list-style-type: none"> <li>Begin walk-jog-run progression and advance aerobic exercise as tolerated</li> </ul>	
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>Continue Phase III exercises as necessary</li> <li>ROM <ul style="list-style-type: none"> <li>PROM progressing to AAROM to 120° flexion, 60° abduction, and 30° ER</li> <li>PROM only for IR</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Continue Phase IV exercises as necessary</li> <li>ROM <ul style="list-style-type: none"> <li>Continue AAROM without restriction including IR</li> <li>Progress to unrestricted AROM</li> </ul> </li> <li>After achieving full ROM may begin light band exercises for ER, abduction, and extension (no resisted IR)</li> <li>Prone scapular retraction without weights</li> </ul>	<ul style="list-style-type: none"> <li>Continue Phase V exercises as necessary</li> <li>May add light band IR exercises to Phase V exercises</li> <li>Progress band resistance for ER, abduction, and extension</li> </ul>	<ul style="list-style-type: none"> <li>Continue Phase V exercises as necessary</li> <li>Increase resistance exercises slowly as tolerated</li> <li>Bench Press <ul style="list-style-type: none"> <li>Starting 6 months after surgery may begin with light weight and progress slowly</li> <li>No “max” bench press until at least 12 months after surgery</li> </ul> </li> </ul>
Other	<ul style="list-style-type: none"> <li>Heat before and/or ice after PT sessions as needed</li> <li>Modalities as needed to reduce swelling and for muscle re-education</li> <li>Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>			
Goals	<ul style="list-style-type: none"> <li>Progress ROM</li> <li>Progress aerobic activity</li> </ul>	<ul style="list-style-type: none"> <li>Progress ROM</li> <li>Begin light band exercises</li> </ul>	<ul style="list-style-type: none"> <li>Progress light band and resistance exercises</li> </ul>	<ul style="list-style-type: none"> <li>Progress aerobic and resistance exercises</li> </ul>