

Pectoralis Major Tendon Repair Protocol

| | Range of Motion | Immobilizer | Exercises |
|------------------------------|--|---|--|
| Phase 1 0-2 weeks | 0-2 weeks: None | 0-2 weeks: Immobilized at all times day and night Off for hygiene and gentle exercise only | 0-2 weeks: elbow/wrist ROM, grip strengthening at home only |
| Phase 2 2-6 weeks | 2-6 weeks: Begin PROM Supine forward flexion to 90°, ER 30°, Abduction 45° | Continue sling | Grip Strength, Elbow/Wrist/Hand ROM Begin Deltoid/Cuff Isometrics Avoid shoulder extension – keep arm in line with body and axillary line |
| Phase 3 6-12 weeks | Gradual return to full Active ROM | None | Deltoid and rotator cuff isometrics progressing to isotonic exercises Begin with gravity eliminated motion (supine with scapular stabilization) and progress. Do not force. Full passive ROM progressing to full active ROM No ROM limitations. |
| Phase 4 3-6 months | Full and pain-free Must have pain free motion to progress to Phase 4 | None | Initiate isotonic shoulder strengthening exercises May start cycling and running at 12 weeks Restore scapulohumeral rhythm Light bench press permitted May return to full strengthening at 6 months. |

*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in Phase 3. PRE: progressive resistive exercise

