

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

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