

Postoperative Rehabilitation Protocol for Pectoralis Major Tendon Repair



Dr. MacLean

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

Unless otherwise specified, do not begin physical therapy until patient has been seen for 2-week postoperative visit.

Postoperative weeks 0-4

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

Postoperative weeks 4-6

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

Postoperative weeks 6-12

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

Postoperative weeks 12+

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

*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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Return to sport criteria

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