

Rehabilitation Protocol for Pectoralis Tendon Repair



Dr. Feinstein

Phase 1: 0-4 Weeks

- Sling full time (including sleeping) except hygiene and exercises (see below). May remove abduction pillow for comfort.
- Elbow, wrist, hand ROM. Squeeze ball, grip strengthening.
- No pendulums
- No running

Phase 2: 4-6 Weeks

- Continue sling use, okay to come out when sedentary. Continue sling while sleeping.
- Begin passive ROM – limit forward flexion to 90 degrees
 - Avoid abduction, external rotation (less than 30 degrees)
- Shoulder shrugs, scapular mobilization okay
- No running. Stationary bike with sling okay at 4 weeks

Phase 3: 6-8 Weeks

- Wean out of sling
- Progress passive ROM and begin active-assisted ROM
 - Avoid active abduction, horizontal abduction, internal rotation
- Submaximal isometrics: flexion, extension, abduction, ER, horizontal abduction
- No running

Phase 4: 8-12 Weeks

- Begin active ROM, gradually regain full ROM
- RC & scapular strengthening
- Pushup progression: wall, table, uneven surfaces
- Okay to begin running

Phase 5: 3+ Months

- Continue strengthening
- Pectoralis strengthening – resistance bands → low weight/high rep
 - Avoid wide grip and end range ER/Abduction
- Discourage low rep/max weight bench press
- Return to overhead activities ~ 5 months (w/ MD approval)
- Return to contact sports ~ 6 months (w/ MD approval)

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

Answering service for after hours.

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