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PECTORALIS MAJOR TENDON REPAIR

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Sling</u>	<u>Exercises</u>
Phase I Weeks 0-6 PT 1-2x/week HEP daily	Edema and pain control Protect surgical repair	0-3 weeks: NONE 3-6 weeks: Begin PROM Limit - 90° flexion - 45° ER - 20° extension - 45° abduction	Non weight bearing Sling: 0 – 2 weeks: - At all times day and night - Off for hygiene and gentle exercises 2 - 6 weeks: - daytime only	0 – 2 weeks: - Elbow/wrist ROM, grip strengthening 2-6 weeks: - Begin PROM activities - Limit 45° ER, 45° abduction - Codman's, posterior capsule mobilizations - Avoid stretch of anterior capsule
Phase II Weeks 6-12 PT 2-3x/week HEP daily		Begin A/AROM PROM to tolerance Goals: - Full ER - 135° flexion - 120° abduction	None	No resisted IR/ Adduction Continue Phase I work; begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks Begin resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff; initiate closed chain scapula
Phase III Weeks 12-16 PT 2-3x/week HEP daily		Gradual return to full AROM	None	Advance activities in Phase II Emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Plank/push-ups @ 16 weeks Begin muscle endurance activities (upper body ergometer) Cycling/running ok at 12 weeks
Phase IV 4-5 Months PT 1-2x/week HEP daily	Pain Free Maintain ROM and flexibility	Full	None	Aggressive scapular stabilization and eccentric strengthening Begin plyometric and throwing/racquet program, continue with endurance activities
Phase V 5-7 Months PT 1x/week HEP daily	Pain Free	Full	None	Progress Phase IV activities, return to full activity as tolerated

IF QUESTIONS: PLEASE CALL 469-800-7200