



**Matthew Gotlin, MD**  
**159 East 74<sup>th</sup> Street**  
**New York, NY 10021**

**REHAB PROTOCOL: Pectoralis Major Tendon Repair**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Phase I (Protection Phase): Weeks 1-6**

**Precautions**

- NO passive shoulder abduction, external rotation and extension beyond limits described
- NO combined shoulder abduction and external rotation.
- NO active internal rotation of shoulder

**Immobilization**

- Arm in sling except during shower, hygiene and therapy

**Exercises**

- Active ROM of hand, wrist and elbow in sling
- Shoulder Passive ROM (elbow visible at all times-no shoulder extension)
  - Supine therapist assisted FF to 90
  - Supine therapist assisted passive ER to neutral
- Scapular closed chain exercises (Shrugs, depression, protraction and retraction)

**Phase II (Range of motion): Weeks 6-12**

**Precautions**

- NO passive stretching at end range

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- **NO** combined shoulder abduction and external rotation or extension and external rotation.
- **NO** active internal rotation of shoulder against resistance

### **Immobilization**

- Wean the sling

### **Exercises**

- Shoulder ROM:
  - AAROM--> AROM; advance as tolerated
  - Forward elevation (120 by 9 weeks and 150 by 12 weeks and advance as tolerated)
  - External rotation with arm at side (20 by 9 weeks and 45 by 12 weeks)
- Scapular strengthening exercises
- Submaximal isometrics (IR and ER) initiated during later half of this phase (10 weeks onwards)
- Scapular stabilization exercises

### **Phase III (Strengthening): Week 12-16 weeks**

- Gentle end range stretching exercises
- Strengthening protocol- therabands followed by light weight

### **Phase IV (Advanced strengthening) Month 4 onwards**

- Advanced strengthening
- Push up progression [wall, table, chair and regular (over 6 weeks time period)]
- Weight lifting and bench press is introduced at submaximal weights (light weights) between 5-6 months and gradually worked up to 50% of prior 1 repetition max (RM)
- Unrestricted activity (bench press) and return to contact sports starting at 6 months after physician approval

### **Modalities**

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ TENS
- ◇ Trigger point massage

### **Evaluations and Other**



◇ Teach home exercise program

**Comments:**

**Frequency:   2   times per week**

**Duration:  12  weeks**

**Signature: \_\_\_\_\_**

**Date: \_\_\_\_\_**

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