

## **Pectoralis Major Tendon Repair Rehabilitation Protocol**

1. Weeks 0-6
  - a. Pendulum Shoulder Exercises
  - b. Passive Forward Elevation up to 130 degrees
  - c. Active ROM of neck, elbow, wrist, and hand several times/day
  - d. Sling wear when not performing Exercises
  - e. DO NOT DO THE FOLLOWING MOTIONS:
    - i. NO External Rotation
    - ii. NO Active Adduction
    - iii. NO Passive/active Abduction
2. Weeks 6-8
  - a. Discontinue Sling
  - b. Passive ROM in all planes
  - c. GOAL: Establish full ROM by week 12
3. Weeks 8-12
  - a. Isometric Exercises of Deltoid and Pectoralis Major
  - b. Periscapular Strengthening Exercises Started
  - c. Goal: Full shoulder ROM by week 12
4. Weeks 12-16
  - a. Initiate Light Resistance Exercises (Therabands)
    - i. Horizontal Adduction
    - ii. Shoulder Abduction
    - iii. Internal Rotation
    - iv. Forward Elevation
  - b. RC Strengthening
  - c. Continue w/Periscapular Strengthening
  - d. NO dips, pushups, bench press, flies, or military press
5. 4-6 Months
  - a. Transition to high repetition light weights
    - i. Dumbbell Bench press
    - ii. Pushups initiated
6. 6-9 Months
  - a. Increase Resistance and weight training as tolerated
  - b. Avoid barbell bench press
7. 9-12 Months
  - a. Cleared to return to full activity as tolerated
  - b. Longterm avoidance of low repetition, high weight flat barbell bench press