



PECTORALIS MAJOR TENDON REPAIR

REHABILITATION PROTOCOL

REHABILITATION PROGRESSION

The following is a general guideline. Please consult Dr. Syal/Dr. Soswa if there is any uncertainty concerning advancement of a patient to the next phase of rehabilitation. Rehabilitation should be individualized according to patient status.

PRECAUTIONS

- functional shoulder brace to be worn immediately post-op and continued for first 6 weeks
- DO NOT attempt to pick up heavy objects with the hand of the operative side – may damage repair

PHASE I (WEEK 0-2)

- stage 1 shoulder exercises – pendulums
- shoulder brace worn for comfort, removed for exercises
- supine passive ROM, pendulums in brace
- forward flexion to 90°, ER to neutral, abduction to 45°
- 3 times daily elbow, hand and wrist ROM exercises to prevent stiffness
- cryotherapy for shoulder & modalities for inflammation as needed

PHASE 2 (WEEKS 2-6)

- stage 2 shoulder exercises – stretches/ROM + stage 1
- forward flexion from 115° & ↑160° by end of 6th week
- IR @ 45° in scapular plane to 45-60°, ER @ 45° scapular plane to 0°
- no IR strengthening, scapular stabilization exercises initiated
- rotator cuff isometrics & periscapular isotonic and core strengthening
- shoulder brace discarded at end of 6 weeks
- cryotherapy for shoulder & modalities for inflammation as needed

PHASE 3 (WEEKS 6-12)

- stage 3 shoulder exercises – strength/ROM + stages 1 & 2
- AAROM progressed to full, gentle stretches in all planes
- advanced scapular stabilization,
- PNF diagonal patterns with manual resist (wk 8)
- ER/IR @ 90° abduction: ER to 45-50° ↑ to 80°, ↑IR to 70°, FF to 170°
- towel stretching, wand activities in all planes, ↑isotonics for entire shoulder
- begin light biceps and IR isotonic, isokinetic strengthening



PHASE 4 (WEEKS 12-16)

- may ↑weight for biceps and IR, total arm strengthening
- initiate light isotonic machine weight training (week 16)
- full ROM – self capsular stretches
- begin light biceps and IR isotonic, isokinetic strengthening
- shoulder shrugs, retractions with resistance, prone exercises

PHASE 5 (WEEKS 16-24)

- continue with ROM, strengthening, endurance and functional activities
- continue isotonic strengthening program, emphasis muscular balance (ER/IR)
- interval sport program & initiate sport specific drills and functional activities
- initiate plyometric program as appropriate for patient's functional goals
- avoid bench press motion > 50% of prior 1 rep max (RM)
- gradually work up to 50% 1 RM, stay at till 6 month, then progress slowly