

## Rehabilitation Protocol: Pectoralis Tendon Repair

### **Phase I:** **0-2 weeks**

- Brace: Shoulder immobilizer at all times
- ROM: begin active/passive elbow/wrist/hand ROM
  - > No shoulder ROM
- Weightbearing: Non-weightbearing
- Exercises:
  - Grip strengthening

### **Phase II:** **2-6 weeks**

- Brace: Continue shoulder immobilizer
- ROM:
  - > Continue elbow/wrist/hand ROM
  - > After week 3 - Shoulder passive ROM only:
    - Keep arm in front of axillary line (no shoulder extension)
    - Supine forward flexion to 90 degrees
    - External rotation to 30 degrees
    - No abduction
- Weightbearing: <5 lbs
- Exercises:
  - Begin cuff isometrics
  - Posterior capsule mobilizations
  - Avoid stretch of anterior capsule

### **Phase III:** **6-12 weeks**

- Brace: May discontinue shoulder immobilizer
- ROM:
  - > Begin Active/Active Assist shoulder motion
  - > Restore full passive shoulder ROM (no limits) - goals: full ER, 135 flexion, 120 abduction
- Weightbearing: <5 lb weights at side only (limit pec engagement)
- Exercises:
  - Cuff/deltoid/scapular stabilizer strengthening beginning at 8 weeks
  - Begin resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff. -- Closed chain exercises preferred
  - No resisted internal rotation/adduction

### **Phase IV:** **12-16 weeks**

- Brace: None
- ROM: gradual return to full active ROM
- Weightbearing: every day activities
- Exercises:
  - Advance Phase III exercises
  - Emphasize ER and latissimus eccentrics, glenohumeral stabilization
  - Begin muscle endurance activities with low resistance (upper body ergometer)
  - Cycling/running okay at 12 weeks

**Phase V:**  
**4-6 months**

- Brace: None
- ROM: full, normal ROM
- Weightbearing: as tolerated
- Exercises:
  - Progress with strengthening
  - Allow light bench press
  - Begin throwing/racquet program

May resume full strengthening activities at 6 months