

## PECTORALIS MAJOR TENDON REPAIR PT PROTOCOL

	BRACE INSTRUCTIONS AND RESTRICTIONS	RANGE OF MOTION GOALS	PT EXERCISES/NOTES
<b>PHASE 1</b> <b>First 6 Weeks</b> <b>(0-6)</b> 1-2 Sessions/week Begin after 2 weeks	<ul style="list-style-type: none"> <li>- <b>Shoulder immobilizer x 6 weeks full time except hygiene and PT exercises</b></li> <li>- No AROM x 6 weeks</li> <li>- Protect and limit passive ER to 30 degrees first <b>4 weeks</b>, then 45 degrees until <b>6 weeks</b></li> <li>- No active IR</li> <li>- Avoid anterior capsule stretch</li> </ul>	<ul style="list-style-type: none"> <li>- Begin PROM <b>after 3 weeks</b> (Goal of 90 deg FF, 45 deg Abduction, 45 deg ER, 20 deg extension <b>by 6 weeks</b>)</li> </ul>	<ul style="list-style-type: none"> <li>- Elbow/wrist ROM exercises, grip</li> <li>- Codman's, posterior capsule mobilizations, closed chain scapula exercises <b>after 2 weeks</b></li> </ul>
<b>PHASE 2</b> <b>Second 6 Weeks</b> <b>(6-12)</b> 1-2 Sessions/week	<ul style="list-style-type: none"> <li>- <b>Out of brace</b></li> <li>- Avoid resisted rotator cuff exercises of the shoulder <b>until 8 weeks</b> post op</li> <li>- No resisted IR/adduction</li> </ul>	<ul style="list-style-type: none"> <li>- Continue with PROM to reach full ROM and appropriate joint mobilizations (Goal of 135 deg FF, 120 deg Abduction, 45 deg ER <b>by 10 weeks</b>)</li> <li>- Advance to AAROM/AROM <b>at 6 weeks</b></li> </ul>	<ul style="list-style-type: none"> <li>- Wands/pulleys/wall climbs</li> <li>- Initiate closed chain scapular stabilizing exercises</li> <li>- Begin resistive exercises for scapular stabilizers, biceps, and triceps</li> <li>- Begin rotator cuff strengthening and deltoid isometrics <b>after 8 weeks</b></li> <li>- No resisted IR exercises</li> </ul>

<p><b>PHASE 3</b>  <b>Third 6 Weeks</b>  <b>(12-18)</b>  Sessions  once/week or once  every other week</p>		<ul style="list-style-type: none"> <li>- Full AROM in all planes</li> </ul>	<ul style="list-style-type: none"> <li>- Initiate PREs (light weight, high repetition)</li> <li>- Emphasize external rotation and latissimus eccentrics</li> <li>- Neuromuscular and proprioceptive training</li> <li>- Aerobic conditioning and preparation for return to work/sport and ADLs</li> <li>- Plank/pushups <b>at 16 weeks</b></li> <li>- Cycling and running as tolerated</li> </ul>
<p><b>PHASE 4</b>  <b>18 Weeks +</b>  Sessions as  needed  Transition to home  exercise program</p>		<ul style="list-style-type: none"> <li>- Sport and work specific exercises</li> </ul>	<ul style="list-style-type: none"> <li>- Aggressive scapular stabilization and eccentric strengthening</li> <li>- Begin plyometric exercises</li> <li>- Improve neuromuscular control and shoulder proprioception</li> <li>- Advance to home exercise program 3 times/week and daily shoulder stretching</li> <li>- Return to sport <b>after 6-8 months</b> once clear by MD</li> </ul>