
Pec Major Tendon Repair Rehab Protocol

Name: _____ Date: ____ / ____ / ____

Phase I

Weeks 0 to 2

- **Immobilizer:** Sling at all times day and night x6 weeks; off for hygiene and gentle exercise according to instruction sheets
- **Exercise:** Elbow/wrist range of motion (ROM), grip strengthening at home only

Weeks 2 to 6

- **Exercise:** Begin passive range of motion (PROM) activities; limit 90 degrees flexion; limit 45 degrees external rotation (ER), 45 degrees abduction; Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule

Weeks 3 to 6

- **Range of Motion:** Begin PROM; limit 90 degrees flexion, 45 degrees ER, 20 degrees extension, 45 degrees abduction

Phase II

Weeks 6 to 12

- **Range of Motion:** Begin active range of motion (AROM)/active assistive range of motion (AAROM); PROM to tolerance
- **Goals:** Full ER, 135 degrees flexion, 120 degrees abduction
- **Immobilizer:** None
- **Exercise:** Continue Phase I work; begin active assisted exercises, deltoid/rotator cuff isometrics at eight weeks; begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff*; initiate closed-chain scapula; no resisted internal rotation (IR)/adduction

Phase III

Weeks 12 to 16

- **Range of Motion:** Gradual return to full AROM
- **Immobilizer:** None
- **Exercise:** Advance activities in Phase II; emphasize ER and latissimus eccentrics, glenohumeral stabilization; plank/push-ups at 16 weeks; begin muscle endurance activities (upper body ergometer); cycling/running is okay at 12 weeks

Phase IV

Months 4 to 5**

- **Range of Motion:** Full and pain-free
- **Immobilizer:** None
- **Exercise:** Aggressive scapular stabilization and eccentric strengthening; begin plyometric and throwing/racquet program, continue with endurance activities; maintain ROM and flexibility

Phase V

Months 5 to 7

- **Range of Motion:** Full and pain-free
- **Immobilizer:** None
- **Exercise:** Progress Phase IV activities, return to full activity as tolerated

* *Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises and keep all strengthening exercises below the horizontal plane in Phase II*

** *Limited return to sports activities*