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PECTORALIS MAJOR TENDON REPAIR PROTOCOL

Week 1-4

- Immobilize in the sling per physician (typically 4-6 weeks)
- Pendulums in a tolerated range
- Wrist and elbow ROM
- Avoid active shoulder movement in all directions
- Goals to progress to the next phase are- decrease pain and minimize swelling/edema

Weeks 4-6

- Begin PROM: avoiding ABD and ER
- Scapular mobility- clocks, retraction, depression, protraction, PNF
- Begin table weight shifts for weight bearing through UEs
- Grades I-II (anterior, posterior, distraction)oscillatory joint mobilizations
- Stationary bike with sling for cardio
- Goals to progress to the next phase are- sleep through the night and 75-100% PROM (except ER)

Weeks 6-8

- Initiate AAROM- progress to AROM as tolerated towards week 8
- Can push PROM ER beyond 40 degrees
- Grade III sustained joint mobilizations for capsular restrictions PRN
- Isometrics- flexion, extension, abduction, ER, horizontal abduction
- Progress scapular strengthening
- Can progress weight-bearing to quadruped, then to tripod (1UE +2 LE)
- Avoid active adduction, horizontal adduction, and IR
- Goals to progress to next phase are- no reactive effusion, tolerate PRE's, 75-100% full AAROM without pain

Weeks 8-12

- Gain full ROM through stretching and grade 3 mobilizations
- Active flexion, abduction, adduction strengthening – avoid IR/flexion/horizontal adduction
- Progress scapular strengthening and progress rotator cuff strengthening avoiding IR
- Begin submax pectoralis strengthening

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- Wall push-ups progressing to table push-ups, uneven surfaces
- Dynamic stabilization, perturbations, weight-bearing planks on hands
- Active ER, horizontal abduction – not to end range
- Goals to progress to the next phase are- full AAROM and increase strength/proprioception with exercise without an increase in symptoms

Weeks 12-24

- Progress scapular and rotator cuff strengthening – including IR
- Single arm pectoralis major strengthening – Theraband then progress to dumbbell bench press with light weight/high repetitions, avoiding a wide grip, and end range ER/ABD
- Push-ups – avoiding humeral abduction beyond frontal plane
- Progressing to UE plyometrics- e.g., wall taps, chest pass (bilateral)
- PNF D1, D2
- Goals to progress to the next phase are- tolerate high level of strengthening and plyometrics without pain and tolerate single arm strengthening for pectoralis

Months 6-9

- Discourage 1RM for bench press
- Prepare for return to sport, sport specific activities/drills