



# Pectoralis Major Tendon Repair

## Postoperative Protocol

### **Phase I:** (0 to 6 weeks)

- Patients may shower immediately over waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- Sling should be worn **at all times except hygiene** for 4 weeks. After 4 weeks, can remove at rest only.
- Do not lift anything greater than 1-2 lbs with the operative hand.
- Initiate exercise program 3 times per day immediately:
  - Immediate elbow, forearm and hand AROM
  - Pendulums
- Initiate passive ROM at 2 weeks (*supervised physical therapy*)
  - Assisted passive forward elevation to 90°
  - Assisted passive external rotation to 30°
  - Assisted passive abduction to 30°

### **Phase II:** (6 weeks -12 weeks)

- Maintain lifting restriction of 1-2 lbs
- Advance AROM and PROM
  - Assisted passive forward elevation to 140°
  - Assisted passive external rotation to 60°
  - Assisted passive abduction to 120°
- Scapular stabilizer strengthening.
- Strengthen rotator cuff and shoulder musculature (Isometrics, Theraband, dumbbell, etc).  
AVOID RESISTED IR OR EXTENSION UNTIL 10 WEEKS.

### **Phase III:** (> 12 weeks)

- Maintain lifting restriction of 5-10 lbs
- Advance to full AROM and PROM
- Advance shoulder and rotator cuff strengthening as tolerated.
- Incorporate low level functional activities at 3 months (swimming, water aerobics, light tennis, jogging)
- Start light weight training at 4.5 months (no flies or pull downs, ok for pushups)
- Full return to sport at 6 months