



Michael C. Fu, MD, MHS

Sports Medicine & Shoulder Surgery
 523 E 72nd St, New York, NY 10021
 P: (212) 606-1991 F: (917) 260-4578

Pectoralis Major Repair Rehabilitation

The following is a basic framework from which to work during rehabilitation following a pectoralis major tendon repair. Every patient is different, so the time points are just guidelines – the emphasis should be on achieving the milestones of each phase prior to advancing to the next phase. Please feel free to communicate with our office with any questions or concerns.

	Range of Motion	Immobilizer	Exercises
Phase I 0 – 6 weeks	<p>0 – 3 weeks: None</p> <p>3 – 6 weeks: Begin PROM</p> <p>Limit to supine 90° of flexion, 30° ER, no extension (keep arm in front of axillary line), no abduction</p>	<p>0 – 6 weeks: Worn at all times (day and night)</p> <p>Off for gentle exercise and hygiene only</p>	<p>0 – 3 weeks: Elbow/wrist ROM, grip strengthening at home only</p> <p>3 – 6 weeks: Begin PROM activities</p> <p>Limit to 30° ER, 90° FF supine</p> <p>Codman's, posterior capsule mobilizations, avoid stretching of anterior capsule</p>
Phase II 6 – 12 weeks	<p>Begin active/active-assisted ROM, passive ROM to tolerance</p> <p>Goals: Full passive shoulder ROM (no limits)</p>	None	<p>Continue Phase I work, begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks</p> <p>Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff*, initiate closed-chain scapula</p> <p>No resisted IR/adduction</p>
Phase III 12 – 16 weeks	Gradual return to full AROM	None	<p>Advance activities in Phase II, emphasize ER and latissimus eccentrics, glenohumeral stabilization, plank/push-ups at 16 weeks</p> <p>Begin muscle endurance activities (i.e. upper body ergometer)</p> <p>Cycling/running okay at 12 weeks</p>



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	Range of Motion	Immobilizer	Exercises
Phase IV 4 – 5 months**	Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening Begin plyometric and throwing/racquet program, continue with endurance activities Maintain ROM and flexibility
Phase V 5 – 7 months	Full and pain-free	None	Progress Phase IV activities, return to full activity as tolerated

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

****Limited return to sports activities**