



JAGLOWSKI
ORTHOPEDIC
INSTITUTE

Pectoralis Major Tendon Repair Rehabilitation Protocol

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**** The following instructions represent general guidelines. Your personal instructions may be slightly different and will be conveyed to you by Dr. Jaglowski if this is the case. Post-operative instructions, physical therapy protocols, and useful information regarding your post-op care may be found electronically at www.jagsortho.com.****

Abbreviations

- ROM - range of motion
- PROM - passive ROM
- AAROM - active assist ROM
- AROM - active ROM
- ABD - abduction
- ADD - adduction
- ER - external rotation (PER – passive external rotation)
- IR - internal rotation
- FE- forward elevation (AFE – active forward elevation)

Phase I: 1-4 Weeks Post-op

Range of Motion

- Pendulum exercises under guidance of Physical Therapy

Sling

- Immobilized in a sling with abduction pillow at all times.
- May be removed for exercises and showering. Wear sling at night.

Therapeutic Exercise

- Elbow and wrist AROM (with shoulder in neutral position at side), hand exercises, patient may ride stationary bike with arm in sling

Phase II: 4-6 Weeks Post-op

Range of Motion

- AAROM in the supine position with wand
- Goal – Forward elevation to 90 degrees

Sling

- Immobilized in a sling with abduction pillow at all times.
- May be removed for exercises and showering. Wear sling at night.

Therapeutic Exercise

- Elbow and wrist AROM (with shoulder in neutral position at side), hand exercises, shoulder shrugs/scapular retraction without resistance

Phase III: 6-8 Weeks Post-op

Range of Motion

- AROM in the pain free range – NO PROM, AAROM (pulleys, supine wand, wall climb)
- Goals – Forward elevation to 120, Abduction to 90, ER to tolerance, IR and extension (wand behind the back)

Sling

- Discontinue sling

Therapeutic Exercise

- Elbow and wrist AROM (with shoulder in neutral position at side), hand exercises, submaximal isometrics

Phase IV: 8-12 Weeks Post-op

Range of Motion

- AROM and AAROM in the pain free range – NO PROM
- Goals – Full ROM

Sling

- None

Therapeutic Exercise

- Light Theraband (ER, Abduction, Extension), Biceps and Triceps, PREs, Prone Scapular Retraction Exercises (without weights), Wall push-ups (no elbow flexion > 90 degrees)

Phase V: 3-6 Months Post-op

Range Of Motion

- Full ROM without discomfort

Sling

- None

Therapeutic Exercise

- Light Theraband (ER, Abduction, Extension) with increasing resistance.
- May start light weight training at 4.5 months post-op (no flies or pull downs)
- Regular push-ups
- Return to athletics 6 months post-op