

Pectoralis Tendon Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-4 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain control ● Elbow ROM ● Maintain light shoulder ROM ● Decrease swelling 	<p>Abduction sling at all times</p>	<ul style="list-style-type: none"> ● PROM FE 90, ER 30, AB 60 ● Codman shoulder pendulums <p>Modalities:</p> <ul style="list-style-type: none"> ● GameReady ● Compression ● Edema control 	<ul style="list-style-type: none"> ● Neck, elbow, wrist ROM ● Scapular retraction and depression ● Pendulums
<p>Phase 2 (5-8 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain control ● Minimal ROM 	<p>Remove abduction pillow at 4 weeks</p> <p>Wean from sling week 5 and 6</p>	<p>Full forward flexion and abduction</p> <p>Limit ER to 45</p> <p>No forceful ER or Abduction</p> <p>Modalities:</p> <ul style="list-style-type: none"> ● Gentle Massage ● Cryotherapy 	<ul style="list-style-type: none"> ● Continue neck, elbow, hand ROM ● Continue pendulums ● Progress PROM after week 4 ● Scapular stabilizers ● Shoulder sub-maximal deltoid and cuff isometrics ● Begin gentle active ROM ● No resisted adduction or internal rotation

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<p>Phase 3 (9-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Full PROM ● (full FE, ABD, ER, IR) 	<p>No immobilization</p>	<ul style="list-style-type: none"> ● Full AROM <p>Modalities:</p> <ul style="list-style-type: none"> ● Ice/stim PRN 	<ul style="list-style-type: none"> ● Isometrics: internal and external rotation, biceps and triceps ● Sidelying external rotation, salutes, prone extension and horizontal abduction ● Low load prolonged stretching: towel internal rotation, 90/90 abd/ER ● Endurance <u>starting week 10</u>: IR and ER, theraband rows, bicep curls, tricep extension ● Closed chain stability
<p>Phase 4 (12+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Maintain full AROM and PROM ● Regain strength and muscle bulk 	<p>increase weightbearing</p> <p>no restrictions</p>	<ul style="list-style-type: none"> ● Full A/PROM 	<ul style="list-style-type: none"> ● Add IR and adduction strengthening ● Single arm strengthening, dumbbell progression ● Push-up plus progression ● Advance to plyometrics once aggressive resistive exercises are at full strength ● Sports specific strengthening