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Pectoralis Major Tendon Repair

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
Phase I **0–3 weeks** GOAL TO ADVANCE *Flexion 50°, abduction 35°*	Passive only: ER at side starting at 0° (+5° per week), flexion to 45° (+5-10° per week), abduction to 30° (+5° per week). No active shoulder motion*	Sling in neutral/internal rotation at all times, including sleep, except hygiene and exercise	Elbow/wrist/hand motion (active from week 2), ball squeeze. Week 3: gentle scapular exercises with arm at side
Phase II **4–6 weeks** GOAL TO ADVANCE *ER +20°, flexion 65-85°, abduction 50°*	Passive limits continue to increase at the same weekly rate. Begin active-assisted motion (cane, table slides)	Wean at 4-6 weeks per physician	Gentle isometrics for abduction, extension and ER (NO internal rotation); scapular setting and retraction. No lifting
Phase III **6–8 weeks** GOAL TO ADVANCE *ER +30°, flexion 75-105°, abduction 60°*	Progress toward full passive motion. Begin active motion (supine flexion, salutes)	None	Gentle flexion isometrics, side-lying ER, band rows and extension, biceps/triceps. May bear weight through the arm
Phase IV **9–14 weeks** GOAL TO ADVANCE *Full pain-free motion*	Full passive and active motion by 12-16 weeks; no forceful stretching into ER or arm back	None	Gentle internal rotation and chest isometrics, push-up plus on knees, prone extension
Phase V **14–20 weeks** GOAL TO ADVANCE *Full motion; normal shoulder blade control*	Full	None	Band IR, light chest presses and flys, counter → floor push-ups, lat pulldowns
Phase VI **5–6 months** GOAL TO ADVANCE *Strength ≥85% of other side*	Full without discomfort	None	ER/IR at 90°, medicine ball chest pass, sport-specific training. Bench press from 6 months at 50% of max, progressed slowly**

NOTES

*The pec muscle is stretched by turning the arm out, raising it out to the side and moving it behind the body; these are increased gradually to protect the repair

**If approved by physician. Return to heavy lifting and contact sport is usually 6-9 months