

PEC Major Tendon Repair Rehabilitation Protocol

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE 1 0-6 weeks	0-3 weeks: None 3-6 weeks: Begin PROM Limit 90 flexion, 45 ER, 20 extension, and 45 abduction	0-2 weeks: Immobilized at all times day and night Off for hygiene and gentle exercise according to instruction sheets 2-6 weeks: worn daytime only	0-2 weeks: elbow/wrist ROM, grip strengthening at home only 2-6 weeks: begin PROM activities Limit 45 ER, 45 abduction Codman's posterior capsule mobilizations; avoid stretch of anterior capsule
PHASE 2 6-12 weeks	Begin active/ active-assisted ROM, passive ROM to tolerance Goals: Full ER, 135 flexion, 120 abduction	None	Continue Phase 1 work; begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff*; initiate closed-chain scapula No resisted IR/adduction
PHASE 3 6-12 weeks	Gradual return to full AROM	None	Advance activities in Phase 2; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization; plank/ push-ups @ 16 weeks Begin muscle endurance activities (upper body ergometer) Cycling/running OK at 12 weeks
PHASE 4 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 5	Full and pain free	None	Progress Phase 4 activities, return to full activity as tolerated

****Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase 2***

*****Limited return to sports activities***