

Rehabilitation Guidelines for Pectoralis Major Tendon Repair

Weeks 0-2
<ul style="list-style-type: none">• Sling at all times. Keep incision dry.• May begin active/passive elbow/wrist/hand ROM
Weeks 2-6
<ul style="list-style-type: none">• Continue sling.• Continue elbow/wrist/hand ROM• Shoulder passive ROM only:• Keep arm in front of axillary line. (no shoulder extension)• Supine FF to 90°.• ER to 30°• Begin Cuff Isometrics.
Weeks 6-12
<ul style="list-style-type: none">• May D/C sling at 4 weeks.• Begin Active/Active Assist shoulder motion.• Restore Full passive shoulder ROM (No Limits).• Cuff/Scapular stabilizer strengthening.
Months 3-6
<ul style="list-style-type: none">• No immobilization.• Progress with strengthening.• Allow light bench press. <p>May resume full strengthening activities at 6 months</p>