

# PEC MAJOR TENDON REPAIR PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
<b>PHASE I</b> 0-6 weeks	<b>0-3 weeks:</b> None <b>3-6 weeks:</b> Begin PROM	<b>0-3 weeks:</b> Immobilized at all times day and night  Off for hygiene and gentle exercise according to instruction sheet  <b>3-6 weeks:</b> Worn daytime only	<b>0-3 weeks:</b> Elbow/wrist ROM, grip exercises at home <b>3-6 weeks:</b> Begin PROM <ul style="list-style-type: none"> <li>• External rotation to 0 -increase 5° per week</li> <li>• Forward flexion to 45-increase 5-10° week</li> <li>• Abduction: begin 30 ° increase 5° per week</li> </ul> Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule
<b>PHASE II</b> 6-12 weeks	Begin active/active-assisted ROM, passive ROM to tolerance  <b>Goals:</b> full ER, 135° flexion, 120° abduction	None	Continue Phase I work; begin active assisted exercises, deltoid/rotator cuff isometrics at <b>8 weeks</b>  Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff*; initiate closed-chain scapula  No resisted IR/Adduction
<b>PHASE III</b> 12-16 weeks	Gradual return to full AROM	None	Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization; plank/push-ups @ 16 wks  Begin muscle endurance activities (upper body ergometer)  Cycling/running okay at 12 weeks
<b>PHASE IV</b> 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
<b>PHASE V</b> 5-7 months	Full and pain-free	None	Progress Phase IV 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 II \*\*Limited return to sports activities**