

**Robert Spang, M.D.**

1 Orthopedics Drive  
2nd Floor  
Peabody, MA 01960  
(978) 818-6350

[www.sportsmednorth.com](http://www.sportsmednorth.com)

## **Pectoralis Major Tendon Repair Protocol:**

The intent of this protocol is to provide the therapist and patient with guidelines for the post-operative rehabilitation course after pectoralis major tendon repair. This protocol is based on a review of the best available scientific studies regarding rehabilitation. It is by no means intended to serve as a substitute for one's clinical decision making regarding the progression of a patient's post-operative course. It should serve as a guideline based on the individual's physical exam/findings, progress to date, and the absence of post-operative complications. If the therapist requires assistance in the progression of a post-operative patient they should consult with Dr. Spang.

### **Weeks 0-2**

- Sling x 6 weeks at all times – even when sleeping
- Hand squeeze, elbow/wrist AROM
- Deltoid isometrics

### **Weeks 3-4**

- Continue sling x 6 total weeks and exercises as per weeks 0-2
- Shoulder pendulum exercises, first in sling then out of sling
- Stationary bike with sling if desired for conditioning

### **Weeks 5-6**

- Continue sling x 6 total weeks and exercises per weeks 0-4
- Flexion PROM to 90 degrees only
- No external rotation
- Shoulder shrugs and scapular retraction without resistance

### **Week 7-9**

- D/c sling
- PROM progressing to AAROM to 120 flexion, 60 abduction, 30 ER
- PROM only for IR
- Treadmill walking, elliptical without arm motion component, lower extremity only

### **Weeks 10-12**

- Continue AAROM unrestricted (including IR) and progress to unrestricted AROM

- LIGHT Theraband exercises for external rotation, abduction, extension (no resisted IR) after achieving full ROM
- Prone scapular retraction without weights

#### **Months 3-4**

- Add light theraband IR to above Theraband exercises, progress resistance for ER/Ab/Ext
- Treadmill running ok

#### **Months 5-6+**

- Increase resistive exercises slowly as tolerated (no bench press until 6 months)
- Bench press at 6 months – start light and progress slowly (no “max” prior to 12 months)

Finally, I greatly appreciate the opportunity to do your surgery. My staff and I will do everything we can to ensure your comfort and safety during the surgery, and to make sure that you have a quick recovery.

**Robert Spang M.D.**