

Pectoralis Major Tendon Repair

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General Notes:

- Sling used for 6 weeks total
- Avoid shoulder extension behind torso for at least 6 weeks after surgery. Education on how to place pillow behind elbow between arm and chair/bed to support and avoid extension.
- At appropriate time, patients should perform home stretching at least 3 times a day
- The below protocols are designed to maximize tissue healing and have been shown to have low rates of long term stiffness to the shoulder. The main goal is for the tendon to heal. Any stiffness that develops can be addressed with therapy with low rates of stiffness long term.
- **NO pendulums or traction used throughout protocol**
- Use of ice over the surgical site is ok, 20 minutes on and 20 minutes off especially after exercise. Be careful if nerve block is still functioning by constantly checking skin to avoid frostbite.
- No anti-inflammatory medication (aleve, motrin, advil etc) for 6 weeks from day of surgery.

	Weightbearing	Sling	ROM	Exercise
Phase I Week 0 - 3	NWB - includes shoulder and elbow	All times except shower. Can loosen for elbow motion. Wear at night.	<u>Elbow:</u> - Begin with gravity assisted PROM using the other arm. Progress to AROM as tolerated <u>Shoulder:</u> - No motion	No Pendulums Ball squeezes in hand throughout the day
Phase II Week 3 -6	NWB	As above	<u>Elbow:</u> - PROM/AAROM/A ROM as tolerated against gravity <u>Shoulder: PROM ONLY</u> - While maintaining arm in neutral to internal rotation: Upright flexion PROM to 90 - Abduction to 30 - External rotation to 20	Continue Phase I
Phase III Week 6 - 12	Limit to carry less than 5lbs with arm at side.	No sling	<u>Elbow:</u> - As tolerated <u>Shoulder:</u> - Begin AAROM/AROM, PROM to tolerance - Progress motion as tolerated - Goal of full ER, 135 flexion, nearly symmetrical	Continue Phase II <u>Elbow:</u> Begin light resistance and progress as tolerated emphasizing low weight, high rep <u>Shoulder:</u> Start scapular stabilizers - avoid shoulder extension behind torso. Start deltoid and rotator

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			abduction by end of phase	cuff isometrics at 8 weeks. Closed chain scapula NO INTERNAL ROTATION OR ADDUCTION RESISTANCE!
Phase IV POW 12 - 16	Increase as comfort allows at the side	No sling	Continue Phase III. <u>Elbow:</u> - As tolerated <u>Shoulder:</u> - Progress to full motion as tolerated	<u>Elbow:</u> Progress strengthening as tolerated <u>Shoulder:</u> Advance Phase III Progress shoulder isometrics of deltoid, rotator cuff in all planes. Progress to elastic band once isometrics not painful Planks and pushups can start at 16 weeks Start cycling/running
Phase V Week 16 - 24	As tolerated	No sling	<u>Elbow:</u> Full pain free <u>Shoulder:</u> Full pain free	Progress Phase IV Progress eccentric exercise as tolerated for shoulder and elbow Wean into plyometric program, throwing. Maintain ROM and flexibility
Phase VI Week 24 and beyond	Continue Phase V	No sling	Continue Phase V	Progress phase V Return to activities as tolerated

Note:

- Some experts recommend avoiding high weight and low rep bench press permanently.
- If a patient desires to return to bench pressing, this is typically achieved by month 4 or 5.

Adapted from:

Haley et al Clin Sport Med 2014
Sanchez et al Arthrosc Tech 2017
Cordasco et al JSES 2017
Provencher et al AJSM 2010