

## PEC MAJOR TENDON REPAIR REHABILITATION PROGRAM

(TO BE GIVEN TO PHYSICAL THERAPIST)

	<b>RANGE OF MOTION</b>	<b>SLING</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I:</b> 1-4 WEEKS POST-OP	<ul style="list-style-type: none"> <li>• Pendulum exercises under guidance of PT</li> </ul>	<ul style="list-style-type: none"> <li>• Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night.</li> </ul>	<ul style="list-style-type: none"> <li>• Elbow and wrist AROM (with shoulder in neutral position at side), hand exercises, patient may ride stationary bike with arm in sling</li> </ul>
<b>PHASE II:</b> 4-6 WEEKS POST-OP	<ul style="list-style-type: none"> <li>• AAROM in the supine position with wand</li> <li>• Goal – Forward flexion to 90</li> </ul>	<ul style="list-style-type: none"> <li>• Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night.</li> </ul>	<ul style="list-style-type: none"> <li>• Elbow and wrist AROM (with shoulder in neutral position at side), hand exercises, shoulder shrugs/scapular retraction without resistance</li> </ul>
<b>PHASE III:</b> 6-8 WEEKS POST-OP	<ul style="list-style-type: none"> <li>• AROM in the pain free range – NO PROM, AAROM (pulleys, supine wand, wall climb)</li> <li>• Goals – Forward flexion to 120, Abduction to 90, ER to tolerance, IR and extension (wand behind the back)</li> </ul>	<ul style="list-style-type: none"> <li>• Discontinue sling</li> </ul>	<ul style="list-style-type: none"> <li>• Elbow and wrist AROM (with shoulder in neutral position at side), hand exercises, submaximal isometrics</li> </ul>
<b>PHASE IV:</b> 8-12 WEEKS POST-OP	<ul style="list-style-type: none"> <li>• AROM and AAROM in the pain free range – NO PROM</li> <li>• Goals – Full ROM</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Light theraband (ER, Abduction, Extension), Biceps and Triceps PREs, Prone Scapular Retraction Exercises (without weights), Wall push-ups (no elbow flexion &gt; 90 degrees)</li> </ul>
<b>PHASE V:</b> 3-6 MONTHS POST-OP	<ul style="list-style-type: none"> <li>• Full ROM</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Light theraband (ER, Abduction, Extension) with increasing resistance, May start light weight training at 4.5 months post-op (no flies or pull downs), Regular push-ups</li> <li>• Return to athletics 6 months post-op</li> </ul>