

PEC MAJOR TENDON REPAIR REHABILITATION PROGRAM

(TO BE GIVEN TO PHYSICAL THERAPIST)

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