

Rehabilitation Protocol: Open Pectoralis Tendon Repair

	RANGE OF MOTION*	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 - 4 weeks	Passive ROM only. Advance as tolerated. Goals: FF= 120° ER= 30° IR belly	Worn at all times except for hygiene and therapeutic exercise.	Elbow/wrist/hand ROM, grip strength. Pendulums. Modalities: heat before, ice after.
PHASE II 4 - 6 weeks	PROM stretch to goals above.	Worn at all times except for hygiene and therapeutic exercise.	Begin gentle active-assisted exercises without resistance.
PHASE II 6 - 8 weeks	Begin A/AROM as tolerated.	None.	Begin RC and deltoid isometrics.
PHASE III 8 - 12 weeks	Progress to full active motion. Correct deficits.	None.	RC strengthening. No pec strengthening.
PHASE IV 3 - 6 months	Full painless motion.	None.	Begin progressive pectoralis strengthening: planks, push-ups, flys, bench press. Sport specific training.