



***PECTORALIS TENDON REPAIR  
POST OPERATIVE THERAPY PROTOCOL***

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Fellowship-trained in Sports Medicine and Arthroscopy*

***Sling (except during PT and washing):***

4 weeks at all times, then 2 weeks during activities

***Motion:***

POD 2: Pendulum exercises, elbow/wrist/hand ROM

POD 14: Supine PROM: forward flexion to goal 90 degrees as comfort allows

No ER past neutral, no abduction past 45 deg

Start stationary bike

POD 28: P/AAROM: forward flexion to 180

PROM: gentle ER to 30 deg, abduction to 60 deg

No combined ABD/ER

Start aquatherapy if available

6 wks: Full A/PROM as tolerated except for ABD/ER

Start jogging/running/elliptical

8 wks: Full ABD/ER as tol

***Strengthening:***

POD 21: isometrics in all planes EXCEPT adduction/IR

6 wks: side lying ER, cuff/scapula strengthening as tolerated, pectoralis isometrics

8 wks: active pectoralis light strengthening

12 wks: Bench press, Lat pull-downs (narrow grip, hands in front)

If you have any questions, please contact our clinic.