

**SEAN P ROBINSON MD**

**PEC MAJOR TENDON REPAIR**

**PHASE 1: 0-6 weeks**

ROM:

1. 0-3 weeks: None
2. 3-6 weeks: begin PROM, limit 90 flexion, 45 ER, 20 Ext, 45 Abduction

Immobilizer

1. 0-2 Weeks: At all times day and night
2. 2-6 weeks: worn at daytime only

Exercises:

1. 0-2 weeks: Elbow/wrist ROM, grip
2. 2-6 Weeks: PROM limit 45 ER, 45 Abduction
  1. Codman triangle, posterior capsule mobilization
  2. AVOID stretch of anterior capsule

**PHASE 2: 6-12 weeks**

ROM:

Begin AAROM/AROM; PROM to tolerance

Goals: Full ER, 135 flexion, 120 abduction

Immobilizer: none

Exercises:

1. Continue Phase 1 work, begin AAROM
2. Begin deltoid/RTC isometric at 8 weeks
3. Begin resistive work for scapular stabilizers, biceps, triceps, RTC
4. Initiate closed chain scapula
5. NO resisted IR/Adduction

**PHASE 3: 12-16 weeks**

ROM:

Gradual return to full AROM

Exercises:

1. Emphasize ER and Lat eccentrics, Glenohumeral stabilization
2. Plank/pushups @ 16 weeks
3. Begin muscular endurance
4. Cycling/running OK @ 12 weeks

**Phase 4: 4-5 months**

ROM

Full and pain free

Exercises:

1. Aggressive scapular stabilization and eccentric strengthening
2. Begin plyometrics, overhead movements

**Phase 5: 5-7 months**

ROM:

Full and pain free

Exercises:

Continue to progress and return to full activity as tolerated