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**Post-Operative Rehabilitation Protocol:
 Shoulder-Pectoralis Major Tendon Repair**

	Range of Motion	Brace	Exercise
PHASE I 0-6 weeks No physical therapy until week 3.	0-3 weeks: None 3-6 weeks: begin PROM Limit 90° flexion, 45° ER, 20° extension, 45° abduction	Sling	0-3 weeks: elbow/wrist ROM at home 3-6 weeks: begin PROM activities Limit 45° ER, 45° abduction Codman's, posterior capsule mobilizations, avoid stretch of anterior capsule
PHASE II 6-12 weeks	Begin active/active-assisted ROM, passive ROM to tolerance Goals: full ER, 135° flexion, 120° abduction	None	Continue phase I work; begin active-assisted exercises No strengthening until next phase. NO resisted IR/adduction
PHASE III 12-16 weeks (ct'd next page)	Gradual return to full AROM	None	Advance activities in Phase II; start strengthening. emphasize external rotation and latissimus eccentrics, glenohumeral

			<p>stabilization; plank/push-ups @ 16 weeks</p> <p>Begin muscle endurance activities (upper body ergometer)</p> <p>Cycling/running okay at 12 weeks</p>
<p>PHASE IV 4-5 months</p>	<p>Full and pain-free</p>	<p>None</p>	<p>Aggressive scapular stabilization and eccentric strengthening</p> <p>Begin plyometric and throwing/racquet program, continue with endurance activities</p> <p>Maintain ROM and flexibility</p>
<p>PHASE V 5-7 months</p>	<p>Full and pain free</p>	<p>None</p>	<p>Return to full activity as tolerated including sports</p>

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