



Dr. Joshua Alpert
 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 12-16weeks	Gradual return to full AROM	None	Advance activities in Phase II; start strengthening. emphasize external rotation and latissimus eccentrics, glenohumeral stabilization; plank/push-ups @

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

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