

PECTORALIS MAJOR TENDON REPAIR CLINICAL PRACTICE GUIDELINE

- Progression is time and criterion-based, depending on soft tissue healing, patient demographics, and clinician evaluation.
- For questions, contact Dr. Sujan Gogu's clinic.

Phase	Time Frame	Activities and Goals
Phase I	Weeks 1-4	<ul style="list-style-type: none"> ➤ Immobilize in sling per physician (6-8 weeks) ➤ Pendulums ➤ Wrist and elbow ROM ➤ Avoid active movement in all directions ➤ Decrease pain ➤ Minimal to no edema
Phase II	Weeks 4-6	<ul style="list-style-type: none"> ➤ Begin PROM ➤ Avoiding abduction and ER ➤ Scapular clocks, retraction, depression, protraction ➤ Scapular PNF ➤ Table weight shifts ➤ Joint mobilizations (Grade I-II) ➤ Stationary bike with immobilizer ➤ Achieve 75-100% PROM ➤ Sleep through the night
Phase III	Weeks 6-8	<ul style="list-style-type: none"> ➤ Initiate AAROM, progress to AROM ➤ Extend PROM ER ➤ Grade III joint mobilizations ➤ Isometrics (flexion, extension, abduction, ER, horizontal abduction) Progress scapular strengthening ➤ Advance weight bearing ➤ Achieve 75-100% AAROM ➤ Tolerate PREs ➤ No reactive effusion

Phase	Time Frame	Activities and Goals
Phase IV	Weeks 8-12	<ul style="list-style-type: none"> ➤ Full ROM through stretching and mobilizations ➤ Active strengthening (flexion, abduction, adduction) ➤ Scapular and rotator cuff strengthening ➤ Submax pectoralis strengthening ➤ Dynamic stabilization ➤ Achieve full AROM ➤ Increased strength and proprioception ➤ Prepare for next phase
Phase V	Weeks 12-24	<ul style="list-style-type: none"> ➤ Progress scapular and rotator cuff strengthening (including IR) Single arm pectoralis major strengthening ➤ Progress plyometrics ➤ Perform PNF D1, D2 ➤ Tolerate high-level activities ➤ No pain with strengthening
Phase VI	Months 6-9	<ul style="list-style-type: none"> ➤ Discourage 1RM for bench press ➤ Prepare for return to sport ➤ Use One-Arm Hop Test for return to sport readiness ➤ Achieve sufficient functional test score for safe return