



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 @ |

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| | | | <p>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> | Full and pain-free | None | <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> | Full and pain free | None | Return to full activity as tolerated including sports |

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