



Pectoralis Major Tendon Repair Rehabilitation Protocol

Phase I (0–6 Weeks)

- Protect repair
- Control swelling
- Maintain elbow, wrist, and hand motion
- Sling with abduction pillow
- No active shoulder
- No lifting or pushing
- Avoid pec activation
- Cryotherapy
- Pendulums
- Scapular mobility

Phase II (6–12 Weeks)

- Restore PROM/AAROM
- Protect healing
- Weeks 6–8: ≤ 5 lb
- Weeks 8–10: ≤ 10 lb
- Weeks 10–12: ≤ 15 lb
- No resisted pec
- Avoid extension stretch
- Pulleys
- Scapular work
- Cuff isometrics
- WB/lifting progression surgeon-dependent

Phase III (12–16 Weeks)

- Near full ROM
- Light strength
- No resisted adduction
- No heavy lifting



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- AROM
- Bands

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- Closed chain
- Scapular stability

Phase IV (4–6 Months)

- Progress strength
- Begin pec strength
- No plyometrics
- Protect repair
- Bands
- Weights
- Closed chain
- Work drills

Phase V (6–9+ Months)

- Full strength
- Return to sport
- Must be cleared by surgeon
- Advanced strength
- Plyometrics
- Agility
- Sport drills