



GOLDEN STATE ORTHOPEDICS & SPINE

Rehabilitation Protocol: Quadriceps and Patellar Tendon Repair

Pectoralis Major Repair Post-Operative Rehabilitation Protocol

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I - Protect Repair

Weeks 0 - 2

Goals

Pain Control

Protect Repair

- Shoulder sling/immobilizer for 6 weeks
- Elbow / wrist / hand AROM exercises, shoulder in neutral position
- Stationary bicycle, with shoulder sling on

Weeks 2 - 4

Goals

Pain control

Protect repair

- Continue shoulder sling/immobilizer for 6 weeks
- Continue previous exercises
- Introduce pendulum shoulder exercises

Phase II - Range of Motion

Weeks 4 - 6

Goals

Supine PROM flexion to 90°

Protect Repair

- Continue shoulder sling/immobilizer for 6 weeks
- Continue previous exercises
- PROM and supine AAROM forward flexion up to 90°, with arm in abduction
- Shoulder shrugs, scapular retraction, no resistance

Weeks 6-8

Goals

AROM flexion to 120°, abduction to 90°

- Discontinue sling / immobilizer
- Continue previous exercises
- AAROM



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- May start pull-downs and pec flies with light resistance only

Phase V - Return to full activity

Months 6+

Goals

- Maintain pain-free full ROM
- Gradual return to recreational sports and/or strenuous work activities
- Full activities as tolerated
- Continue previous exercises with increasing weight / resistance
- May perform bench press, light weight and high repetition
- Advance weight as tolerated
- Recommend indefinitely avoiding high weight, low repetition

Comments:

Frequency: ____ times per week

Duration: ____ weeks

Signature: _____

Date: _____