

Physiotherapy Protocol:

Pec. Major Tendon Repair

Patient to remain in sling for 6 weeks

Weeks 0-3:

- Elbow PROM, wrist ROM

Weeks 3-6:

- Elbow ROM, wrist ROM, grip strengthening and scapular setting exercises
- Patient to remain in sling for 6 weeks
- True PROM only - the P. Major tendon needs to heal back into the bone
- ROM goals: 110° FE, 10° ER at side; ABD max 60-80° without rotation
- No resisted motion of shoulder until 12 weeks post-op
- Minimise canes/pulleys until 6 weeks post-op, because these are active-assisted exercises
- Heat before Physio, ice after

Weeks 6-12:

- Begin AAROM as tolerated
- Goals: re-establish full range of movement with 180 FE, 30+ ER increasing as tolerated
- Light passive stretching at end ranges
- At 8 weeks, can begin isometric strengthening to rotator cuff muscle groups

Months 3-12:

- Advance to full AROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights; 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilisers