

Rehabilitation Protocol: Pectoralis Tendon Repair

Date:
Date of Surgery:
•
^{2nd} week
·
ng 5° per week
ing 5-10° per week
ng 5° per week
external rotation to 15° (at 0° of abduction)
•
T pectoralis major (week 3)
, elbow, hand, and wrist (week 5)
(1)
full shoulder ROM by week 12
was now by woon 14
ogressing to isotonics (week 6)
s major in a shortened position progressing to neutral
full elongated position) (week 6)
nachines (week 8)
: isotonic dumbells, 2-handed sub maximal plyometrics
tire upper extremity
of prior 1 repetition max (RM)
h
then progress to full slowly
•
weeks
Date: