

Rehabilitation Protocol: Sternoclavicular (SC) Joint Reconstruction

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Weeks 0-6)

- Sling to be worn at all times except for showering; avoid unsupported arm; no lifting >5 lbs.
- Range of Motion
 - 0-6 weeks: No shoulder range of motion
- Therapeutic Exercise
 - Elbow/wrist/hand range of motion and grip strengthening
 - Modalities per PT discretion to decrease swelling/pain

Phase II (Weeks 6-8)

- Continue sling except for showering and PT; avoid unsupported arm; no lifting >5 lbs.
- Range of Motion
 - 6-8 weeks: PROM →→ FF to 90°, Abduction to 60°, ER to neutral, extension to neutral, IR to chest wall.
- Therapeutic Exercise
 - Submaximal pain---free deltoid isometrics
 - Elbow/wrist/hand range of motion and grip strengthening

Phase III (Weeks 8-12)

- No lifting >5 lbs
- Range of Motion
 - 8-10 weeks: AAROM →→ FF to 120°, Abduction to 90°, ER to neutral, extension to neutral, IR to chest wall.
 - 10-12 weeks: AAROM/AROM →→ FF to 140°, Abduction to 120°, ER/IR to 45 with arm abducted.
 - > 12 weeks: AAROM/AROM →→ Advance to full AROM in all planes.
- Therapeutic Exercise
 - Begin pain-free isometric rotator cuff and deltoid exercises at 8 weeks
 - Begin gentle rotator cuff and scapular stabilizer strengthening at 10 weeks
 - Continue elbow/wrist/hand range of motion and grip strengthening

Phase IV (Months 4-6)

- Range of Motion – Full without discomfort; no lifting restrictions
- Therapeutic Exercise – Advance strengthening as tolerated: isometrics →→ therabands →→ light weights
 - Scapular and latissimus strengthening
 - Humeral head stabilization exercises
 - Rotator cuff, deltoid and biceps strengthening
- Modalities per PT discretion

Comments:

Frequency: _____ times per week

Duration: _____ weeks