

## STERNOCLAVICULAR (SC) JOINT RECONSTRUCTION PROTOCOL

**Name:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

Frequency: 1 2 3 4 times / week      Duration: 1 2 3 4 5 6 Weeks

### \_\_\_ **Weeks 0-2**

- Non weight bearing with sling – even when sleeping (except for pendulums)
- Shoulder pendulums allowed
- Elbow, wrist, hand AROM

### \_\_\_ **Weeks 2 - 6**

- Continue sling x 6 weeks at ALL times (except for exercises)
- PROM allowed within flexion to 90, abduction 60, IR/ER as tolerated)
- Isometrics at the side with 1-2 finger resistance
- Stationary bike with sling if desired for conditioning

### \_\_\_ **Weeks 6 - 8**

- D/c sling and continue above exercises
- Gentle shoulder shrugs and scapular retraction without resistance
- Progress to AAROM supine with broomstick with Flexion 120, Abduction to 90, ER/IR as tolerated
- Vigorous (treadmill) walking ok

### \_\_\_ **Weeks 8 - 12**

- Unrestricted range for AAROM (brookstick etc.) progressing to AROM
- Light Theraband resistance ER/IR
- Standing rows, biceps, and supine triceps with Theraband
- Prone scapular retraction
- Eliptical etc. with LOWER EXTREMITY ONLY (no handlebars)

### \_\_\_ **Months 3 - 6**

- AAROM and AROM through full range
- Increase resistance as tolerated
- Running
- No contact activities until at least 6 months post-op

### **Modalities/Other:**

Signature \_\_\_\_\_

Date: \_\_\_\_\_