

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**

- Sling at all times except may loosed for below exercises
- Hand squeeze, elbow/wrist/finger AROM

___ **Weeks 2 - 6**

- Continue sling x 6 weeks at ALL times (except for exercises and personal grooming)
- Continue hand/wrist/elbow exercises as per weeks 0 -2
- Begin gentle pendulums
- PROM supine with broomstick or assistance (flexion to 90, abduction 45, IR/ER as tolerated)
- Gentle shoulder shrugs and scapular retraction without resistance
- Isometrics with 1-2 finger resistance
- Stationary bike with sling if desired for conditioning

___ **Weeks 6 - 8**

- D/c sling
- AAROM supine with broomstick or assistance
 - Flexion to 120, abduction to 90, ER/IR as tolerated)
- Treadmill walking ok for conditioning

___ **Weeks 8 - 12**

- AAROM progressing to AROM with unrestricted ROM
- Eliptical with LOWER EXTREMITY ONLY (no handlebars)

___ **Months 3 - 6**

- Begin light Theraband resistance and progress as tolearted
- Standing rows, biceps, and supine triceps with Theraband
- Prone scapular retraction (light weight) and wall push-ups
- Running/jogging after 4 months
- No contact activities until at least 6 months post-op

Modalities/Other:

Signature _____

Date: _____