



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: _____