

Sternoclavicular Joint (SC) RECONSTRUCTION REHABILITATION PROTOCOL

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: Sub maximal pain---free deltoid isometrics
 - o 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
 - 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→TheraBand's
 - Scapular and latissimus strengthening
 - Humeral head stabilization exercises
 - Rotator cuff, deltoid and biceps strengthening
- Modalities per PT discretion