

PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

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Rehabilitation Protocol **Sternoclavicular Joint Reconstruction**

Phase I: Protect Repair *(0 to 8 weeks after surgery)*

- Patients may shower immediately over clear plastic, waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be in place when not performing exercises.
- Initiate exercise program 3 times per day:
 - Immediate elbow, forearm and hand range of motion out of sling
 - Pendulum exercises
 - Passive and active assistive ER at the side to 30, flexion to 130
- No lifting with involved extremity.
- AVOID scapular ROM exercises.

Phase II: Progress ROM & Protect Repair *(8 to 12 weeks after surgery)*

- May discontinue sling.
- Lifting restriction of 5 pounds with the involved extremity.
- Advance active and passive ROM in all planes to tolerance.
- Initiate gentle rotator cuff strengthening.
- Initiate scapular AROM exercises.

Phase III: Full Function *(3 months after surgery)*

- Discontinue lifting restrictions.
- Advance rotator cuff and scapular stabilizer strengthening.
- Initiate functional progression to sports specific activities at 4 months.

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