

Physical Therapy Prescription

STERNOCLAVICULAR RECONSTRUCTION REHABILITATION PROTOCOL			
TIME PERIOD	RANGE OF MOTION	IMMOBILIZER	EXERCISES
0-6 weeks	No shoulder motion until 2 weeks post-op. Avoid cross body motions and overhead activity.	Wear at all times except for exercises and hygiene. Begin weaning from sling at 6 weeks post-op.	Wrist, elbow, and hand ROM. Pendulums at 2 weeks. No active shoulder range of motion.
6-12 weeks	Active assisted range of motion. May increase to active range of motion by 10 weeks.	None	Begin active assisted range of motion No Strengthening
3-6 months	Increase to full motion in all planes as tolerated	None	Begin Strengthening of shoulder. No sports or contact drills/activities.
6+ Months	No restrictions	None	No restrictions

*****Begin physical therapy 6 weeks after surgery**

<p>Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336</p> <p>Patient Name: _____ Surgery Date: _____</p> <p>Diagnosis: status post Sternoclavicular Joint Reconstruction Side (Circled): Right Left</p> <p>Physical therapy to evaluate and treat for post op Sternoclavicular Joint Reconstruction using the above protocol. 1-2x per week for 12 weeks</p> <p>Notes: _____</p> <p>MD signature:</p>
