

# Rehabilitation Guidelines for Sternoclavicular Joint Reconstruction

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- General Information
  - Total Recovery time is between 4-6 months depending on factors such as injury severity, patient sport/activity/age and type of repair.
  - Adherence to rehab protocol guidelines and restrictions is critical in avoiding re-injury or failures.
- Immobilization
  - Sling should be worn for 8 weeks in uncontrolled environments (around dogs, kids, in crowds, etc.).
  - Sling should be worn while sleeping for 8 weeks.
  - Discontinue sling completely at 8 weeks.
- Personal Hygiene / Showering
  - Avoid getting incision wet for 3 days.
  - Ok to begin showering 3 days after surgery (if no wound related issues).
  - Avoid baths, saunas, pools, lakes, etc. for four weeks or until incision completely healed.

## *Phase 1 (0-2wks):*

### *Aerobic*

- Easy walking on level surface x 30 mins

### *Range of motion*

- None

### *Strength*

- Wrist and grip only

### *Modalities*

- Ice for 20 minutes, 3 times per day

### *Phase I Goals*

- Pain control, avoid motion to protect reconstruction

## *Phase II (2-4 wks):*

### *Aerobic*

- Same as above progress to 45-60 mins

### *Range of motion*

- Progress to elbow/hand/wrist motion only, no shoulder motion.

### *Strength*

- None.

### *Phase II Goals*

- Reconstruction protection

### *Phase III (4-6wks):*

#### *Aerobic*

- Same as phase II

#### *Range of motion*

- Elbow, hand and wrist only, no shoulder motion.

#### *Strength*

- Start gentle isometric exercises for extension, ER, IR, ABD
- Start scapula proprioceptive neuromuscular facilitation

#### *Phase III Goals*

- Reconstruction protection

### *Phase IV (6-12wks): \*\*\*discontinue sling\*\*\*\*\**

#### *Aerobic*

- Unlimited walking, discontinue sling at 8 weeks.

#### *Range of motion*

- Active ROM FF-160, abduction 140, ER 45 (with arm at side)

#### *Strength*

- Start progressive resisted theraband exercises in various planes

#### *Phase IV Goals*

- Full active range of motion with exception of limit of ER to 45 degrees Normal scapulothoracic motion

### *Phase V (12-16wks):*

#### *Aerobic*

- Make begin jogging and stationary bike

#### *Range of motion*

- Progress to full range of motion

#### *Strength*

- Diagonal rotator cuff exercises
- External and internal rotation at 90 degrees with cable
- Push-up progression: (begin with standing wall pushups & progress to horizontal)

#### *Phase V Goals*

- Restore rotator cuff and deltoid strength

### *Phase VI (>16 wks):*

#### *Aerobic*

- May start swimming

#### *Strength*

- Begin with lat pull downs and progress to pull-ups
- Initiate free weights & machine lifting (start with 5 lbs)

#### *Phase VI Goals*

- Ability to perform push-ups, pull-ups, swim.
- Return to contact/overhead sports when cleared by surgeon.