

**Adam Seidl, MD**  
Associate Professor  
Shoulder/Elbow Surgery  
Department of Orthopedics  
University of Colorado



**Orthopedics**  
UNIVERSITY OF COLORADO

**Highlands Ranch Hospital**  
(720) 516-4090  
**Inverness**  
(303) 694-3333  
**Anschutz Medical Campus**  
(720) 848-1900

## **Rehabilitation Protocol** **Sternoclavicular Joint Reconstruction**

### **Phase I: Protect Repair** *(0 to 6 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
  - Cervical ROM
- No lifting with involved extremity.
- AVOID scapular ROM exercises (NO scapular retraction, protraction, elevation, or depression).

### **Phase II: Progress ROM & Protect Repair** *(6 to 12 weeks after surgery)*

- May discontinue sling.
- Lifting restriction of 5 pounds with the involved extremity.
- Advance passive and active-assisted range of motion in all planes to tolerance.
- At 8 weeks after surgery, begin active ROM; initiate gentle rotator cuff strengthening.
- Initiate scapular AROM exercises.

### **Phase III: Full Function** *(13 to 20 weeks after surgery)*

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