

[Twincitiesshoulderandelbow.com](http://Twincitiesshoulderandelbow.com)  
Dr. Chad Myeroff's Rehabilitation Protocol

Sternoclavicular (SC) Joint – Reconstruction or Repair

**Three times per day home exercise program including:**

Phase 1: Week 0-6 (1<sup>st</sup> PT visit scheduled to follow on day of 2-week post-op surgical visit)

- Maintain sling use (except for TID elbow wrist finger ROM, hygiene and therapy)
- Add supine passive ER 0-30° with wand at 2 weeks post op
  - \*Focus on static progressive stretching
- No overhead lifting
- No lifting > weight of coffee cup
- No pushing or weight-bearing through arm

Phase 2: Week 6-12

- Wean out of sling for therapy and in the house
  - Continue sling in public until 12 weeks post-operative
- Add periscapular isometrics
- Advance to shoulder PROM / AAROM as tolerated in all planes
  - Pulleys, table slides, supine wand exercises in all planes
- no more than a coffee cup overhead, avoid pushing and pulling

Phase 3: Week 12-18 weeks

- Discontinue sling altogether
- Advance to shoulder strengthening
  - Phase I and II cuff strengthening
  - Periscapular strengthening
- No Lifting > 5 lbs overhead
- Independent home exercise program

Phase 4: 18+ weeks

- Return to play – no return to contact sports prior to 6 months for posterior SC dislocations
- Work hardening program

More info: [twincitiesshoulderandelbow.com/sternoclavicular-separations-shoulder-elbow-specialist-minneapolis-saint-paul.html](http://twincitiesshoulderandelbow.com/sternoclavicular-separations-shoulder-elbow-specialist-minneapolis-saint-paul.html)