

STERNOCLAVICULAR JOINT PHYSICAL THERAPY PRESCRIPTION

WEEKS 1-4:

- Anti-inflammatory Modalities (Ice – 3-4x / day)
- Range of motion exercises to tolerance in all planes Emphasize passive supine FF & ER for first 2 visits; incorporate IR, abduction, adduction
- Codman's, pendulums, pulleys (after FF > 85°), cane- assisted ROM
- INSTRUCT HOME PROGRAM – TO BE DONE 2X DAILY
- Biceps / Triceps Isotonics / Elbow & Wrist motion exercises
- Scapular Stabilization Exercises; Scapular Mobilizations
- Anterior and Posterior capsular stretch after warm-up
- Rotator cuff free weight exercises per shoulder impingement program beginning with weight of arm at 2 weeks from date of surgery

Goals: Full AROM at 4 weeks post-op with no pain. No inflammation
D/C shoulder sling per MD instructions after a minimum of 2 weeks

WEEKS 4-8:

- Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)
- Continue upper extremity PRE's, scapular stabilization / strengthening exercises
- IR / ER isotonic exercises below horizontal (emphasize eccentrics)
- Biceps PRE's, shoulder & neck flexibility exercises, Modalities PRN >>>
Ice – 3-4x / day
- Increasing emphasis on rotator cuff and peri-scapular muscle strengthening
- Rotator cuff free weight exercises per shoulder impingement program progressing up to 3 pounds (no heavier than 3 pounds)
- Functional activities begin week 6 (ADLs, Sports)
- Plyometrics