



Physical/Occupational Therapy Prescription

Name:

Date of Birth:

Diagnosis: Sternoclavicular Joint Instability **Code:** M25.519

Procedure: Sternoclavicular Joint Reconstruction

Surgery Date:

Instructions:

Range of motion:

- Sling immobilization for the first six weeks post-operatively.
- At 2 weeks Post operatively Ok to remove sling for exercises.
- Begin passive external rotation and supine passive flexion at two weeks post-operatively.
- Please also incorporate active range of motion of the hand, wrist, forearm, and elbow.
- No scapular range of motion exercises.
- Until six weeks post-operatively please avoid any motion or exercise in which the patient is upright and the arm is unsupported as this places the reconstruction at risk.
- At six weeks post-operatively progress to full upright range of motion working from passive to active-assisted to active range of motion.
- Incorporate scapular range of motion exercises at this point.

Strengthening:

- Begin rotator cuff, deltoid, and scapular stabilizer isometrics at 6 weeks post-operatively.
- Progress to bands and weights as tolerated, limit to 10 lbs until three months postoperatively. Focus on the scapula.
- Incorporate plyometrics and sport-specific exercises at 4.5 months post-operatively.

Please provide with a home exercise program.

Limitations:

6-12 weeks :10 lb limit

>12 weeks: no limits, resume full activities

5 months: return to sport

Modalities: Heat before and ice after therapy. Other modalities at therapist's discretion.

Frequency: 2-3 times/week

Duration: 6 weeks

Signature:

Date:
