



**SC Joint Resection Post Op  
Physical Therapy plan**

**Date of Surgery:** \_\_\_\_\_

**Surgeon:** \_\_\_\_\_

**Physical Therapy start date:** \_\_\_\_\_

**Sling Wear:** \_\_\_ 6 wks \_\_\_ 8 wks

**Precautions: avoid shoulder extension for 12 wks**

	<b>Interventions</b>	<b>Milestones</b>
Phase I (0-6 wks)	<ul style="list-style-type: none"> <li>• Supine PROM only shoulder, stay below 90 degrees of abd and flex/scaption</li> <li>• Active hands/wrist/elbow ROM</li> <li>• Initiate shoulder sub max isometrics at 4 wks</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure sling use</li> <li>• good pain control</li> <li>• Full elbow/wrist hand ROM</li> <li>• Good posture</li> </ul>
Phase II (6-10 wks)	<ul style="list-style-type: none"> <li>• DC sling as indicated above</li> <li>• AAROM-&gt; AROM within tolerance, still avoiding shoulder extension</li> <li>• Open chain scapular stabilization ex ensuring no shoulder extension</li> <li>• AROM ER IR in scapular plane</li> </ul>	<ul style="list-style-type: none"> <li>• Painfree adl's</li> </ul>
Phase III (10-12wks)	<ul style="list-style-type: none"> <li>• Can begin closed chain scapular stabilization ex</li> <li>• Cont to progress AROM all planes</li> <li>• Initiate shoulder strengthening- still avoiding extension</li> </ul>	<ul style="list-style-type: none"> <li>• Full AROM and painfree adl's</li> <li>• Prone scapular endurance test within 20% of non op side</li> </ul>
Phase IV (12-16wks)	<ul style="list-style-type: none"> <li>• Can begin active extension ROM to tol (avoid excessive extension)</li> <li>• Progress strengthening</li> <li>• initiate plyometric ex (2 handed-&gt; one handed)</li> </ul>	<ul style="list-style-type: none"> <li>• pass prone scapular endurance test</li> <li>• strength 80%</li> </ul>
Phase V (16wks+)	<ul style="list-style-type: none"> <li>• initiate gym program – <b><i>always seeing the back of the hands</i></b></li> </ul>	<ul style="list-style-type: none"> <li>• pass UE functional tests as indicated</li> </ul>

This therapy plan provides a synopsis of guidelines for recovering from sports-related surgery with St. Luke's Sports Medicine. It is provided as an educational resource. Individual circumstances vary and these plans cannot replace the advice of a medical professional.