

Post-operative Rehabilitation Protocol

Proximal Humerus Fracture ORIF

| General Guidelines | <ul style="list-style-type: none"> - Supervised physical therapy should begin 6 weeks after surgery - You will be wearing sling full time for minimum 6 weeks - Contact therapist or physician for questions or concerns | | |
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| | Range of Motion | Immobilizer | Exercises |
| Protection Phase <i>Weeks 0 - 6</i> | Elbow: PROM, AAROM, AROM as tolerated without resistance Shoulder: No shoulder ROM | Sling w/ abduction pillow at all times, except for hygiene | <i>Ice:</i> 20 minutes on, 20 minutes off every hour <i>Exercises:</i> Pendulum and grip strengthening. No resistance exercises |
| Therapy Phase 1 <i>Weeks 6-12</i> | Begin PROM in supine with 0-45 ABD maximum No cross body abduction for 8 weeks No AROM FF for 12 wks | D/C sling as comfortable | <i>Exercises:</i> Begin gentle isometrics in all planes. Closed chain scapular stabilizers, deltoid and cuff exercises while supine . <i>Modalities:</i> Per therapist – E-stim, Ultrasound, heat (before), ice (after) |
| Therapy Phase 2 <i>Weeks 12-24</i> | Advance to full, painless ROM | None | <i>Exercises:</i> Progress Phase 1 exercises. Begin eccentrically resisted motion and closed chain activities in upright position <i>Modalities:</i> Per therapist – E-stim, Ultrasound, heat (before), ice (after) |
| Therapy Phase 3 <i>Weeks 24+ Return to Sport</i> | Full Painless ROM | None | <i>Exercises:</i> Plyometrics (e.g. weighted ball toss), Sports-specific training |