

Proximal Humerus ORIF Protocol

General Guidelines:

- Sling for comfort for 2 weeks post-op, start at home pendulum exercises 3x/day
- No active abduction/external rotation x 6 weeks post op
- No RTC strengthening x 6 weeks post op
- Outpatient PT starts at 2 weeks post op

Phase I (Weeks 0-2)

- Sling for comfort
- Start at home pendulum exercises 3x/day
- No active abduction/external rotation
- No RTC strengthening
- Exercises:
 - PROM of shoulder: flexion to 90 deg, ER to 30 deg, IR to tolerance (no behind back)
 - Scapular Clocks: Elevation, depression, retraction, protraction
 - Pendulums (Codman's)
 - Incision mobilization
 - Cervical, hand, wrist, elbow AROM

Phase II (weeks 2-6)

- Discontinue sling
- No active abduction/external rotation
- No RTC strengthening
- Exercises:
 - Continue exercises as above
 - AAROM: Flexion to 90 deg, ER to 40 deg
 - Grade I-II GH and scapular mobilizations

Phase III (weeks 6-12)

- No restrictions at 6 weeks post-op
- Exercises:
 - Continue exercises as above
 - Pec Minor stretching to minimize scapular protraction with flexion
 - Submaximal isometric RTC exercises at 6 weeks
 - Progressive isotonic RTC exercises at 8 weeks, low weights, high reps
 - Grade III-IV GH and scapular mobilizations at 8 weeks
 - Posterior scapular stretching at 8 weeks if needed
 - General UE strengthening at 10 weeksPhase

Phase IV (weeks 12+)

- Continue exercises as above
- General upper extremity strengthening