

## Proximal Humerus ORIF – Rehab Protocol

*The purpose of this protocol is to provide a guideline for the postoperative rehabilitation course of a patient that has undergone a proximal humerus ORIF. This protocol is not intended to be a substitute for one's clinical judgement regarding the progression of a patient's post-operative course based on their physical exam, progress, and/or the presence of post-operative complications. If a clinician requires assistance in the progression of a post-operative patient, they should consult with the referring surgeon.*

### 0-8 Weeks PT (from date of surgery)

- Sling worn for sleep and at all times except hygiene and exercise first 2 wks, then as needed for comfort
- No active shoulder ROM for the first 4 wks
- Use cold pack after exercises
- Posture Education
- No active IR or cross body adduction first 6 wks
- No lifting/pushing/pulling >5 lbs first 6 wks
- Modalities prn
- Exercises:
  - Pendulum exercises
  - Move uninvolved joint
  - PROM in supine forward flexion to 90degrees and ER to 30-40degrees
  - Passive IR as tolerated(not behind back)
- Exercises (4-8 Weeks):
  - AAROM ER to 40degrees, forward flexion to 90degrees, progress 20 degrees per week
  - Pulleys
  - Scapular retraction and depression
  - Grade I-II GH and ST mobs for pain relief and mm guarding
  - May discontinue sling if comfortable

### 8-12 Weeks PT (from date of surgery)

- Exercises (8-12 weeks):
  - Continue PROM/AAROM
  - Begin posterior capsule stretching
  - Begin IR behind back
  - Begin anterior chest wall stretches (pec minor)
  - Scapular strengthening including shoulder shrugs and scapular retraction exercises
  - Theraband pull downs
  - Progress to AROM in supine once PROM restored or nearly restored and

- tolerating AAROM standing; Progress AROM to standing as tolerated
- Begin sub-maximal isometrics per tolerance
  - Once AROM in standing is well tolerated, add progressive isotonic, low resistance, high reps
  - Emphasize anterior deltoid strength and scap stab
  - Emphasize trapezius, serratus anterior force couple to create stable scapular base
  - Grade III-IV jt mobs
- Exercises (12 weeks):
- Theraband exercises or free weights as appropriate- standing forward press, flexion, IR, ER, abduction, rowing
  - Self-stretching with home exercise program, emphasize posterior capsule
  - Recreation/vocation specific conditioning program if needed

**NOTE:** If you have any questions or concerns regarding any of the phases or advancements in this protocol, please do not hesitate to contact our office at 781-337-5555.