

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
- o 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)
- o 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)

- o 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

o 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.