

Humeral Shaft Fracture Rehab Protocol – Operative (ORIF)

Post-op visits:

- 2w, 6w, 12w, more as needed

Xrays:

- Will be done at each visit

Physical therapy:

- Therapy prescription will be provided at your 2-week appointment, if needed

Weeks 0-2:

Sling	• Sling for comfort only – discontinue ASAP
Weight Restrictions	• Weight bearing as tolerated
Range of Motion	• Active range of motion as tolerated

Weeks 2-6:

Sling	• None
Weight Restrictions	• Weight bearing as tolerated • Ok to start progressive strengthening
Range of Motion	• Continue to achieve full shoulder and elbow motion

Weeks 6+:

Sling	• None
Weight Restrictions	• Continue to progress strengthening
Range of Motion	• Full motion
Misc	• May return to full activity and sport when painless range of motion and similar strength to other side