

Proximal Humerus Fracture Rehab Protocol – Operative (ORIF)

Post-op visits:

- 2w, 6w, 12w, 6m

Xrays:

- Will be done at each visit

Physical therapy:

- Therapy prescription will be provided at your 2-week appointment.

Home exercise program (HEP):

- These are a guide for you and the physical therapist; physical therapist may add exercises as necessary

Weeks 0-2:

Sling	• Sling at all times except during hygiene and home exercises
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) • No strengthening
Range of Motion	• No shoulder motion except as needed during exercises
Exercises	• Shoulder Phase I Home Exercise Program
Misc	• Ice 3-4x/day with ice packs on towel over clavicle

Weeks 2-6:

Sling	• Discontinue sling
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) ◦ May begin using arm for daily activities in front of body (i.e. computer/desk work)
Range of Motion	• Start progressive passive, active-assist, and active shoulder motion ◦ No motion restriction
Exercises	• General Shoulder Phase II Home Exercise Program – Scapular stabilization
Misc	• Ice 3-4x/day with ice packs on towel over shoulder

Weeks 6-12:

Sling	• None
Weight Restrictions	• < 5 lb
Range of Motion	• Continue progressing motion
Exercises	• General Shoulder Phase III Home Exercise Program – Scapular stabilization + isometric exercises
Misc	• Heat before exercises; Ice after exercises

Months 3+:

Sling	• None
Weight Restrictions	• Progressive strengthening without limits
Range of Motion	• Full motion
Exercises	• General Shoulder Phase IV Home Exercise Program – Scapular and shoulder strengthening
Misc	• Heat before exercises; Ice after exercises