

Proximal humerus ORIF post op protocol

Acute Phase (0 - 6 weeks):

Precautions:

Avoid active range of motion for 6 weeks.

Avoid resisted range of motion for 8 weeks.

Avoid external rotation greater than 45 degrees for 4 weeks.

No passive elevation greater than 90 degrees for 3 weeks.

Continued use of sling until physician states otherwise.

Therapeutic Exercises:

Elbow, wrist, and hand active and resisted motion to tolerance.

Pendulum exercise.

Passive forward flexion and abduction less than 90 degrees until 3 weeks then as tolerated (pulleys and cane rocking are acceptable).

Passive external rotation range to 45 degrees at 0 degrees abduction for 4 weeks then as tolerated.

Gentle internal rotation (behind the back) and extension to tolerance.

Isometric scapular retraction and depression.

Passive range of motion with therapist within precautions.

Six Weeks Postop:

Continue active assisted and passive range of motion into forward flexion and abduction to tolerance achieving full range of motion.

External rotation to tolerance at 0 and 45 degrees abduction.

Active range of motion in all planes. Start gravity lessened, progress against gravity as tolerated.

Begin submaximal isometric abduction, external rotation, internal rotation, and extension from neutral position.

Eight Weeks Postop:

Advance external rotation range of motion to full available at 90 degrees abduction.

Initiate light isotonic rotator cuff and scapular stabilization.

UBE

Twelve Weeks Post-op:

Return to full range of motion.

Maximize strength.

Progress rotator cuff strengthening to functional positions as tolerated.