



Proximal Humerus Fracture Post-Operative ORIF

Jason Dieterle, DO

CONSIDERATIONS:

Most unstable/displaced fractures or fractures with accompanying vascular insult require surgical intervention. Tuberosities are repaired and bony healing must occur before stress is applied to the RC tendons.

0-8 WEEKS:

- 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 (3-5 days post op):**
 - Pendulum exercises
 - Move uninvolved joints
 - PROM in supine forward flexion to 90 degrees and ER to 40 degrees
 - Passive IR as tolerated (not behind back)
 - **Exercises (4-8 Weeks):**
 - AAROM ER to 40 degrees, forward flexion to 90 degrees, 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:

- **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