



## TJ Ridley, MD

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### ORIF Humerus Shaft Rehabilitation Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
<b>Phase 1 (week 0-2)</b> Goals: <ul style="list-style-type: none"> <li>Protect bone and soft tissue repair</li> <li>Pain and edema control</li> </ul>	<ul style="list-style-type: none"> <li>Sling when ambulating, otherwise as needed for comfort</li> <li>No lifting &gt;1lbs</li> </ul>	<ul style="list-style-type: none"> <li>Shoulder 4 quadrant AAROM</li> <li>Full elbow, wrist and hand ROM</li> </ul>	<ul style="list-style-type: none"> <li>Modalities as needed</li> <li>Wall climbs, table slides, pulleys, supine wand exercises in all planes</li> <li>Rhomboid and periscapular isometrics</li> </ul>
<b>Phase 2 (week 2-6)</b> Goals: <ul style="list-style-type: none"> <li>Advance ROM</li> </ul>	<ul style="list-style-type: none"> <li>Wean from sling</li> <li>No lifting &gt;1lbs</li> </ul>	<ul style="list-style-type: none"> <li>Full A/PROM</li> <li>No aggressive or forced PROM</li> </ul>	<ul style="list-style-type: none"> <li>Continue as above</li> <li>Advance to passive multi-plane pulley when 120 degrees of flexion is achieved</li> <li>Submaximal isometrics in all planes except IR and ER</li> </ul>
<b>Phase 3 (week 7-12)</b> Goals: <ul style="list-style-type: none"> <li>Increase endurance and strength</li> </ul>	<ul style="list-style-type: none"> <li>No lifting &gt;5lbs</li> </ul>	<ul style="list-style-type: none"> <li>Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>Continue as above</li> <li>Initiate rotator cuff strengthening</li> <li>Advance periscapular strengthening</li> <li>Begin light Theraband resistance for IR, ER, flexion, abduction, biceps and triceps and advance as tolerated</li> </ul>
<b>Phase 4 (week 13+)</b> Goals: <ul style="list-style-type: none"> <li>Improve strength and power</li> <li>Return to play</li> </ul>	<ul style="list-style-type: none"> <li>No lifting restrictions</li> </ul>	<ul style="list-style-type: none"> <li>Full A/PROM</li> <li>Capsular stretching as needed</li> </ul>	<ul style="list-style-type: none"> <li>Independent home exercise program</li> <li>Advance cuff strengthening</li> <li>Initiate sports specific strengthening</li> </ul>