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Proximal Humerus Fracture ORIF Rehabilitation Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks) Goals: <ul style="list-style-type: none"> Control pain and swelling Protect repair 	<ul style="list-style-type: none"> Sling at all times x 3 weeks 	<ul style="list-style-type: none"> PROM <ul style="list-style-type: none"> FF:0-90 deg ER:0-35 deg Abd:0-65 deg Modalities PRN Soft tissue mobilization 	<ul style="list-style-type: none"> Hand, wrist, elbow and cervical ROM Grip and wrist strengthening Pendulums (Codman) Scapular stabilization
Phase 2 (3-6 weeks) Goals: <ul style="list-style-type: none"> Frequent gentle exercises to prevent adhesions Increase ROM while protecting the fracture site 	<ul style="list-style-type: none"> Wean from sling after week 3 	<ul style="list-style-type: none"> PROM <ul style="list-style-type: none"> Full AAROM <ul style="list-style-type: none"> Full 	<ul style="list-style-type: none"> Isometrics FF and ER Pulley for flexion to tolerance Slide boards Scapular stabilization
Phase 3 (7-12 weeks) Goals: <ul style="list-style-type: none"> Full active ROM Muscular endurance 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> AROM <ul style="list-style-type: none"> Full Begin gentle patient self-stretch 	<ul style="list-style-type: none"> Multi-angle isometrics Advance to Theraband for IR, ER, FF and Abd Biceps and triceps strengthening Closed chain stability

<p>Phase 4 (13-16 weeks) Goals:</p> <ul style="list-style-type: none"> • Maintain Full A/PROM • Muscular strength 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Full A/PROM • Increase stretches • Modalities PRN <ul style="list-style-type: none"> ○ Deep tissue massage ○ Cupping ○ Graston 	<ul style="list-style-type: none"> • Increase Theraband in all directions • Begin return to functional or sport exercises • Final Xrays to demonstrate complete healing prior to return to sport
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