

POST-SURGICAL PHYSICAL THERAPY PROTOCOL Proximal Humerus Fracture ORIF

PHASE I (0-1 WEEK)

Initial wound healing, provisional fracture consolidation.

- No formal PT.
- Wear sling at all times.
- Maintenance motion at home (just elbow/wrist ROM in sling 2-3 times per day)

PHASE II (1-6 WEEKS)

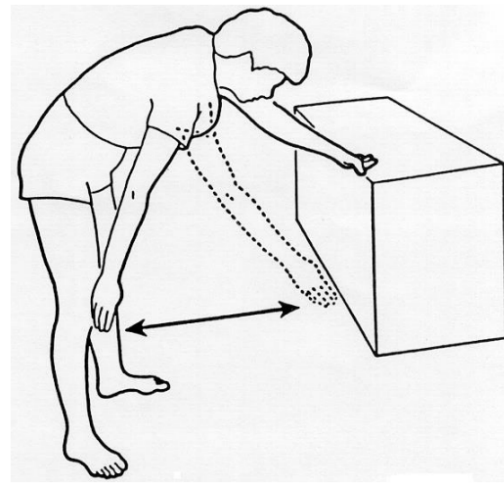
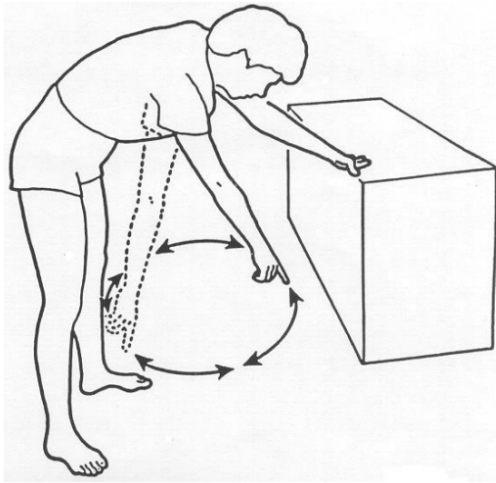
Protected PROM (no active motion)

- Start formal PT
- Sling at all times, except for hygiene/PT.
- Pendulums/Codmans, elbow and wrist ROM exercises out of the sling 3x/day
- Supervised PROM within the following limits
 - forward elevation in the scapular plane 90 degrees
 - IR with arm at side to belly
 - ER with arm at side 45 degrees
 - ***Avoid abduction in the coronal plane.***
- Gentle deltoid and periscapular isometric exercises (***avoid isolated rotator cuff contraction until after 8 weeks as this may compromise repair***)

HOME EXERCISES

Pendulums: Stand supporting yourself on a table with your good arm. Let your other arm hang down completely relaxed and slowly move it in a circular motion both clockwise and counter clockwise. Keep your circles within the width of your feet.

Codmans: Stand supporting yourself on a table with your good arm. Let your other arm hang down completely relaxed and slowly move it forward & back as well as side-to-side motion.



PHASE III (6 WKS – 3 MONTHS):

Advance motion and gentle strengthening.

- Discontinue sling if fracture healing adequate
- Light passive stretching at end ranges; begin active-assisted ROM and gradually progress beyond above ROM limits. After 8 weeks, may progress to AROM as tolerated.
- Advance deltoid and periscapular isometric strengthening. After 8 weeks, may begin light cuff isometrics with arm at side.

PHASE IV (3-6 MONTHS):

Achieve terminal motion and more aggressive strengthening.

- Terminal passive stretching at end ranges (especially posterior capsule); progress A+AAROM in all planes.
- **Advance as tolerated from isometrics → bands → light weights (1-5lbs)** w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/week to avoid cuff tendonitis*)
- @ 4.5 months, begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*) and then progress as tolerated into sports-related rehab and advanced conditioning