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ORIF Humerus Shaft Rehabilitation Protocol

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