



## **Proximal Humerus Fracture ORIF**

### **Post-Operative Protocol**

Ultra sling for weeks 0-4  
Regular sling for weeks 4-8

#### **Phase 0 – (QUIET)**

##### **Week 0-4:**

- Quiet in sling with elbow/wrist/hand
- Begin active scapular retraction/protraction exercises with therapist cueing

#### **Phase 1 –(PASSIVE)**

##### **Week 5-8:**

- Pendulums to warm-up beginning week 5
- Supine External Rotation 0°-30° beginning at 5 weeks with progression to full PROM by 8 weeks
- Supine Forward Elevation 0°-90° beginning at 5 weeks with progression to full PROM by 8 weeks
- Progress to upright as tolerated with ER and FE

#### **Phase 2 –(ACTIVE)**

##### **Week 9-12:**

- Pendulums to warm-up.
- Active Range of Motion with terminal stretch
- Supine External Rotation – after 8 weeks progress GRADUALLY to full
- Supine Forward Elevation – after 8 weeks; progress GRADUALLY to full
- Begin active biceps
- Internal Rotation-Full (begin behind the back)
- Begin AROM in supine and progress to upright

#### **Phase 3 –(RESISTED)**

##### **Week 13+:**

- Pendulums to warm up and continue with phase 2.
- External and Internal Rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs and Biceps curls

#### **Initiation of Interval Sport Programs:**

- Golf 5-6 months
- Tennis 7-8 months
- Ski 7-8 months