

Proximal Humerus ORIF Rehab Protocol

Dr. Nielsen

0-2 weeks

- Sling with interval exercises
 - May use hand with elbow at side up to 2 pounds
- Immediate exercises
 - Codman's
 - Table slides
- Passive ROM
 - Forward flexion to 120 as tolerated
 - External rotation to 40 as tolerated
 - Self-passive ROM encouraged over therapist only passive motion
- No active range of motion at shoulder
- Encourage hand/wrist/elbow ROM

2-6 weeks

- Sling with interval exercises
 - May use hand with elbow at side up to 2 pounds
- ROM
 - Passive to full flexion, external rotation and abduction as tolerated

6-12 weeks

- Sling in public or ambulating distances
- ROM
 - Aggressive passive ROM until full motion
 - Active-assisted then active ROM
 - Emphasize ROM until active is equal to passive

12-16 weeks

- Strengthening may be started if patient desires
- May discontinue formal therapy when stable on home exercise program

16+ weeks

- No restrictions