



## Proximal Humerus ORIF Protocol

### Phase 1

#### Sling

- Full time use for 6 weeks
- Sleep in sling until after week 6
- Discontinue only after week 6

#### Weeks 0-6

- Passive motion only beginning first post-operative day
  - Forward elevation (Goal  $\geq 140^\circ$  ASAP)
  - External rotation (Goal  $\geq 40^\circ$  ASAP)
  - Extension not beyond  $0^\circ$
  - **No** internal rotation until week 7
- Hand/wrist/elbow AROM, NO RESISTANCE.
- Scapular stabilization exercises (Shrugs, Retraction, Protraction)
- Home exercise program
  - Passive External rotation with caregiver
- **NO pulleys, pool therapy, or electric stimulation until after week 6**

### Phase 2

#### Weeks 7-12

- Continue passive motion as needed until full range of motion, then start AAROM and advance to full AROM
- Continue Scapular Stability exercises
- Add passive internal rotation
- Home exercise program
  - Add wall climb, self-controlled active assisted elevation, supine wand exercises

### Phase 3

#### Week 12+

- Begin Strengthening
  - Low Level therabands/tubes: FE, IR, ER, Rows
- Transition to Independent Home Exercise Program
  - Stretching Daily
  - Strength 3x/wk max

#### Month 6

Return to full activity

