

PHYSICAL THERAPY PROTOCOL ORIF PROXIMAL HUMERUS

**** No AROM for 8 weeks****

**** No internal rotation or hyperextension for 8 weeks ****

WEEK 1-4:

- Sling at all times, OK to remove for hygiene
- ROM: elbow, wrist, and hand
- Begin shoulder pendulums at 2 weeks

WEEK 4-6:

- Sling at all times, OK to remove for hygiene
- PROM advancing to 90° FE, 30° ER at side, 60° ABD by week 6
- Scapula mobilization/training; retraction and depression
- No canes or pulleys

WEEK 6:

- Wean out of sling
- Advance PROM
- AAROM: elevation and ER to tolerance
- NO AROM especially active abduction
- Continue scapula training

WEEK 8-10:

- Advance AAROM to full ROM, begin IR and extension
- AROM: scapular plane elevation to 90°, supine shoulder flexion to 90°, side-lying ER
- Isometric hold scapular plane elevation @30° (without resistance)
- ER isometrics

WEEK 12:

- Advance AROM to full ROM
- Begin FE/ER/IR bands, body blade
- Add weights to program cautiously as appropriate
- Advance ER/IR strengthening

WEEK 16+:

- Sport and occupation conditioning