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REHAB PROTOCOL: ORIF Proximal Humerus

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Protection Phase): Weeks 0-4

Precautions

- Patient to remain in sling for 4 weeks.
- **NO** pushing yourself from chair or bed with the operative extremity.
- **NO** active motion of the shoulder, **NO** excessive passive stretching beyond the limits described below
- **NO** Resistive Internal Rotation, **NO** Internal Rotation behind the back, **NO** stretching in Abduction IR and **NO** ER stretching with the arm in 90 deg of abduction
- **NO** resisted motions of shoulder until 8 weeks after injury.
- All of initial therapist supervised passive exercises will be performed while you are lying on your back. In this position your shoulder blade is well supported, your shoulder muscles are more relaxed as gravity is minimized and there is minimal activation of the rotator cuff.
- **AVOID** body blade, or upper body ergometer in the Phase I and initial strengthening phase

ROM goals: Therapist supervised passive ROM-140deg FF/30deg ER at side; ABD max 90deg without rotation (ELBOW BEND) starting in first week after surgery

- Pain control with ice, and modalities
- True supervised PROM only!
- Passive ER (roll towel under elbow, supine) to 30deg
- Passive FF (elbow bent at 90 deg, supine, in scaption) to less than 140deg
- Pendulum hangs (ONLY IF THE PATIENT CAN DO IT PROPERLY)

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- Active hand and wrist exercises
- Scapular exercises: Scapular pinch and roll and shoulder shrug
- No canes/pulleys until 4-6 weeks post-surgery, because these are active-assist exercises

Phase II (Active Range of Motion phase) Weeks 5-8:

Precautions

- **NO** lifting anything heavier than soda bottle
- Patient has to face the pulley and **NO** pulleys behind the back
- **AVOID** sudden jerking motion or grabbing on to objects far out from you

Exercises

- Discontinue sling
- Cleared for daily use of your arm for activities of daily living (ADL)
- Use of pulleys, canes for ROM is allowed
- Begin AAROM and advanced to AROM as tolerated (internal rotation, external rotation, and scapular rotators). Start in lying down position and then advance to sitting and standing position
- Begin scapular strengthening exercises, closed chain for deltoid,
- Isometrics with arm at side beginning at 8 weeks

Phase III (strengthening phase): Weeks 9-16

Precautions

- Patient should have near full ROM, no substitution patterns and good scapulothoracic control
- **NO** heavy lifting (>10 pounds)
- Patient has to face the pulley and **NO** pulleys behind the back
- **AVOID** sudden jerking motion or sudden reaching out to grabbing objects
- Lateral raises and side raises with weights should be with the bent elbow and below the shoulder level

Exercises

- Advance to full ROM as tolerated with passive stretching at end ranges
- Begin scapular strengthening exercises, closed chain for deltoid, PRE's (progressive resistance exercises) for large muscle groups (pecs, lats, etc)



- Isometrics with arm at side and light resistive therabands beginning at 10 weeks
- Advance strengthening as tolerated: isometrics with bands (progress with increasing intensity) with light weights (1-5 lbs); per rotator cuff, deltoid, and scapular stabilizers
- Begin eccentrically resisted motions and proprioception

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

Evaluation and others

- ◇ Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____

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