

# Proximal Humerus Fracture ORIF Protocol

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## Precautions

- Non-Weight bearing 6- 8 weeks (starting from day of surgery)

## Phase I – Early Motion Phase (Weeks 0-5):

### Week 1:

- Keep sling on at night, but may remove throughout the day for PASSIVE range of motion of the shoulder only.
- Hand, wrist, elbow, and cervical AROM
- Grip and wrist strengthening
- Modalities as needed for pain relief or inflammation reduction

### Week 2

- Apply hot packs 10 minutes before exercising (not near incision)
- Begin pendulum (Codman) exercises with circles in and out
- Soft tissue mobilization
- Supine ER with a stick to 30
  - Support elbow on a folded towel with shoulder in 15 ABD
- Scapular Stabilization
  - Scapular clocks
  - Scapular retractions (no shoulder extension)

### Weeks 3-5

- Continue all above exercises
- Begin gentle AAROM flexion to 140 if clinical situation is stable
  - Supine Cane flexion
  - Supine AAROM with therapist assistance or with hands clasped
- Begin pulley for flexion to tolerance
- Begin submaximal isometrics ER, and flex (week 3, 4)
- Begin flexion and ABD on slide board or table to tolerance

## **Phase II – Active Motion Phase (Weeks 6-12)**

### **Weeks 6-8**

- Establish full PROM
- Begin AROM
  - a. Supine flexion to patient tolerance
  - b. Progress to seated (or standing) flexion with a stick
  - c. Seated flexion with elbow bent and arm close to the body
  - d. Perform ER and ABD with hands behind head
  - e. Sidelying ER (pain-free)
  - f. Serratus Punches
- Begin Extension and IR: (PROM, AROM and Isometrics)
- Begin multi-angle isometrics
- Continue PROM and begin gentle patient self stretching (week 7 8)
  - a. Flexion: put hand on wall or top of door
  - b. ER: hold onto door jam and twist
  - c. IR: use good arm to pull affected arm into IR B.

### **Weeks 8-12**

- Early resisted ROM
- Begin Theraband for IR, ER, flexion, ABD, and extension
- Begin supine IR, ER with 1# (arm supported at 15° ABD) (pain-free)
- Begin UBE with no resistance
- Prone Ext and ABD (pain-free)
- Progress to adding weight to above exercises only if pain-free
- Biceps / Triceps strengthening with dumbbells

## **Phase III – Aggressive Stretching and Strengthening phase (Weeks 12+)**

### **Weeks 12+**

- Isotonic strengthening with weights all directions
- Increase theraband or use rubber tubing
- Increase stretches on door and add prone stretches
- Begin functional or sport activity for strength gain