



**ORLANDO HAND SURGERY ASSOCIATES  
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### **Humeral Shaft ORIF**

#### **POD 10-14:**

Splint: The postoperative dressing and sutures are removed. A well molded posterior mold long arm splint is fitted for continual wear

Motion: Start AROM and PROM of elbow and shoulder in all planes.

#### **6-8 weeks:**

Splint: Splint is discontinued at 6 weeks

Motion: Continue ROM as above. No loading or strengthening until full healing (approximately 8 weeks).

Usually return to all activity by 3 months.

Please call with questions or concerns at the phone number above.