



ORLANDO HAND SURGERY ASSOCIATES
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Proximal Humerus ORIF

1-4 weeks:

Sling: To be used at all times except exercises and bathing

Precautions:

- No AROM, lifting/pushing/pulling/carrying x 6 weeks
- No ER >40 degrees, forward flexion > 90 degrees or excessive extension
- No supporting of body weight and no cuff strengthening
- No IR behind back and no cross body adduction

Motion:

- PROM of shoulder with forward flexion to 90 deg, ER to 30 deg and passive IR as tolerated (not behind back)
- Scapular clocks: elevation, depression, retraction, protraction
- Pendulums (Codman's)
- Incision mobilization
- Cervical, hand, wrist, elbow AROM – thumb to shoulder, make fist

4-6 weeks:

Sling: To be used at all times



Precautions:

- No AROM, lifting/pushing/pulling/carrying x 6 weeks
- No ER >40 degrees, forward flexion > 90 degrees or excessive extension
- No supporting of body weight and no cuff strengthening
- No IR behind back and no cross body adduction

Motion:

- PROM and Active assist ROM of shoulder with forward flexion to 90 deg, ER to 30 deg and IR in scapular plane as tolerated
- Scapular clocks: elevation, depression, retraction, protraction
- Pendulums (Codman's)
- Incision mobilization
- Cervical, hand, wrist, elbow AROM – thumb to shoulder, make fist

6-8 weeks:

Sling: may discontinue sling when tolerated

Precautions:

- No lifting/pushing/pulling/carrying >5lbs
- No ER >40 degrees
- No supporting of body weight and no cuff strengthening
- No IR behind back and no cross body adduction



Motion:

- PROM and Active assist ROM of shoulder with forward flexion to 90 deg and can progress 20 deg each week and may use pulleys, ER to 30 deg and IR in scapular plane as tolerated
- Continue other exercises as above

9-12 weeks:

Motion:

- Progressive return to full forward elevation and external rotation
- Begin posterior capsular stretching program
- May begin IR behind back
- Begin anterior chest wall stretches (pec minor)
- Instruct HEP for submaximal isometrics in flexion/abduction/IR/ER and extension
- Emphasize anterior deltoid strength and scapular stabilization
- Emphasize upper trapezius, serratus anterior force couple rehabilitation to create stable scapular base

> 12 weeks:

- Progressive return to full motion in all planes
- Emphasize posterior capsule stretching
- Continue RTC and scapular strengthening program

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