



Proximal Humerus ORIF Protocol

Phase 1

Sling

- Full time use for 6 weeks
- Sleep in sling until after week 6
- Discontinue only after week 6

Weeks 0-6

- Passive motion only beginning first post-operative day
 - Forward elevation (Goal $\geq 140^\circ$ ASAP)
 - External rotation (Goal $\geq 40^\circ$ ASAP)
 - Extension not beyond 0°
 - **No** internal rotation until week 7
- Hand/wrist/elbow AROM, NO RESISTANCE.
- Scapular stabilization exercises (Shrugs, Retraction, Protraction)
- Home exercise program
 - Passive External rotation with caregiver
- **NO pulleys, pool therapy, or electric stimulation until after week 6**

Phase 2

Weeks 7-12

- Continue passive motion as needed until full range of motion, then start AAROM and advance to full AROM
- Continue Scapular Stability exercises
- Add passive internal rotation
- Home exercise program
 - Add wall climb, self-controlled active assisted elevation, supine wand exercises

Phase 3

Week 12+

- Begin Strengthening
 - Low Level therabands/tubes: FE, IR, ER, Rows
- Transition to Independent Home Exercise Program
 - Stretching Daily
 - Strength 3x/wk max

Month 6

Return to full activity

