



**THE ORTHOPEDIC PARTNERS**  
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

**Patrick Olson, M.D.**

**ORIF Humerus Fracture  
Post-Operative Protocol**

Days 0-7:	<ul style="list-style-type: none"><li>• Placed in splint and sling; keep dressing clean and dry</li><li>• Make a fist 5 times an hour while awake; finger motion (full extension and flexion) is important for all fingers.</li><li>• If fingers are swollen, feel free to take off wrist brace and loosen dressings</li><li>• Keep hand elevated above the level of your heart</li><li>• May use hand for light activities of daily living, such as eating, writing, typing, getting dressed, and brushing teeth</li></ul>
Day 7-14:	<p>Post-Op Appointment</p> <ul style="list-style-type: none"><li>• Post-operative dressings and splint removed</li><li>• X-rays are obtained to evaluate alignment</li><li>• Stitches are absorbable and steri-strips left in place</li></ul>
Weeks 2-4	<ul style="list-style-type: none"><li>• Discontinue splint</li><li>• Work on gaining back full elbow ROM</li><li>• No lifting/pushing/pulling more than 5 pounds</li><li>• May get steri-strips wet, but do not soak (bath tub, swimming, hot tub, etc.) until steri strips fall off, or around the 4 week mark</li></ul>
Weeks 5-12	<ul style="list-style-type: none"><li>• Continue to work on regaining full range of motion</li><li>• No lifting/pushing/pulling more than 10 pounds</li></ul>
3 Months:	<ul style="list-style-type: none"><li>• Return to unrestricted activity</li></ul>