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POSTOPERATIVE PROTOCOL

ORIF PROXIMAL HUMERUS FRACTURE

Postop	Goals	Precautions	Exercises
Weeks 2-6 PT 1x/week HEP daily	Edema and pain control Protect surgical repair FF 140°, ER 40° IR behind back	Sling except exercises & shower No active ROM WB: cell phone only	Elbow, wrist, hand ROM Gripping exercises Codman/Pendulum Supine passive FF to 120 ER to 30°
Weeks 6-8 PT 2-3x/week HEP daily	Full PROM	Wear sling in public No sling for ADL's Avoid active FF or abduction Non weight bearing	Advance P → AAROM to full Submaximal isometrics biceps, deltoid, triceps, ER, and IR Periscapular stabilization Posture training
Weeks 8-12 PT 2x/week HEP daily	Full ROM Scapulothoracic rhythm Restore strength 5/5 Improve endurance	Avoid rotator cuff irritation	P/AA/AROM without restriction Advance strengthening as tolerated Upper body ergometry
Weeks 12+ HEP daily	Maximize ROM Return to activity	Return to sport (MD directed)	ROM, Strength, Endurance Maintenance exercises