

POSTOPERATIVE PROTOCOL

ORIF PROXIMAL HUMERUS FRACTURE

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
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 Non weight bearing	Elbow, wrist, hand ROM Gripping exercises Codman/Pendulum Supine passive FF to 140 ER to 45°
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