

## Rehabilitation Protocol: Greater Tuberosity ORIF

### Phase I: 0-4 weeks

- Brace: Shoulder immobilizer at all times except during exercise & hygiene
- ROM:
  - > active/passive elbow/wrist/hand ROM
  - > Weeks 0-2: No ROM except gentle passive home exercises
  - > Weeks 2-4: True passive (ONLY) ROM of shoulder. NO ACTIVE MOTION.
- Weightbearing: Non-weightbearing
- Exercises:
  - Weeks 0-2:
    - Pendulums
    - Grip strengthening
  - Weeks 2-4:
    - Pendulums
    - Codman's
    - Avoid stretch of anterior capsule and extension
    - Supine elevation in scapular plane to max 140 degrees
    - ER to 40 deg with arm at side
    - Scapular stabilization exercises (side-lying)
    - Deltoid isometrics in neutral (submaximal) as ROM improves
    - No pulley/canes until 6 wks post-op (these include active motions)

### Phase II: 4-6 weeks

- *Dependent on healing whether okay to wean out of sling, or wait until 6 weeks*
- Brace: Discontinue shoulder immobilizer
- ROM:
  - > Continue elbow/wrist/hand ROM
  - > Begin active assist shoulder ROM
- Weightbearing: <5 lbs
- Exercises:
  - Elevation in scapular plane and external rotation as tolerated
  - No internal rotation or behind back until 6 wks

### Phase III: 6-12 weeks

- Brace: None
- ROM:
  - > Active assist to active ROM of shoulder as tolerated
  - > Elevation in scapular plane and external rotation to tolerance
  - > Begin internal rotation as tolerated
- Weightbearing: <5 lbs
- Exercises:
  - Light stretching at end ranges
  - Begin active assisted exercises
  - Begin deltoid and cuff isometrics at 6 wks with arm at the side in neutral
  - Light upper body ergometer

**Phase IV:**  
**12-16 weeks**

- Brace: None
- ROM: advance to full ROM as tolerated with passive stretching at end ranges
- Weightbearing: advance as tolerated
- Exercises:
  - Emphasize external rotation and latissimus eccentrics
  - Glenohumeral stabilization
  - Upper body ergometer
  - Light endurance strengthening
  - Cycling/running as tolerated at 12 wks
  - Advance strengthening as tolerated: isometrics -> bands -> light weights (1-5 lbs); 8-12 reps/3 sets per rotator cuff, deltoid, scapular stabilizers
  - Only do strengthening 3x/wk to avoid rotator cuff tendonitis

**Phase V:**  
**4-12 months**

- Brace: None
  - ROM: full
  - Weightbearing: advance as tolerated
  - Exercises:
    - Begin eccentrically resisted motions, scapular perturbation, plyometrics (eg, weighted ball toss), proprioception (eg, body blade)
    - Begin sports-related rehab at 4.5 months, including advanced conditioning
    - Return to throwing at 6 months
    - Throw from pitcher's mound at 9 months
    - Collision sports at 9 months
    - MMI is usually at 12 months post-op
- \*Return to sport as guided by surgeon\*