

Rehabilitation Protocol: Proximal Humerus ORIF

Phase I: 0-2 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
 - No abduction past 90 deg
 - 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

More extensive fracture patterns may be 6 weeks in sling/immobilizer

- 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**