

Proximal Humerus Fracture ORIF Rehabilitation Protocol

Phase I (Weeks 0-6)

- Goals:
 - Minimize pain and inflammatory response
 - Immobilize arm to allow for healing
 - Achieve ROM goals
 - Establish stable scapula
 - Control forearm, wrist, hand swelling
- Therapeutic exercise:
 - Elbow, wrist and hand AROM (EWH)
 - Supine/Sitting passive forward elevation (PFE) to tolerance
 - Supine/Sitting passive external rotation (PER) to tolerance
 - T-stick in 0-20 deg flexion and 20 deg abduction
 - C-spine AROM, stretching
 - Ice
 - Positioning full time in sling
 - Shoulder shrugs and retractions (no weight)
 - Pain control modalities PRN
 - Aquatics PROM after week 3
 - Slowly progress PROM to full in all planes

Phase II (Weeks 6-12 weeks)

- Goals:
 - Discontinue sling use
 - Achieve ROM goals
 - Progress pain free activity
 - Protect healing
- Therapeutic Exercise
 - Heat/ice PRN to help obtain motion
 - D/C sling as comfortable
 - Achieve PROM goals in FE (full)
 - Achieve PROM goals in ER at 20 deg and 90 deg abduction (full)
 - Initiate posterior capsule stretching
 - Isometrics, keeping elbow flexed to 90 degrees (Sub maximal, pain free)
 - Theraband scapula retractions
 - Aquatics
 - Mobilizations PRN
 - Trunk stabilization/strengthening
 - Start AAFE and progress to AFE

 - Start periscapular strengthening
 - Very low weight and high repetitions
- Cautions: Do not initiate rotator cuff strengthening until 12 weeks

Phase III (Weeks 12-16 weeks)

- Goals:
 - Achieve staged ROM goals
 - Eliminate shoulder pain
 - Improve strength, endurance and power
 - Increase functional activities
- Therapeutic Exercise
 - Continue as above
 - ROM should be full in all planes
 - Progress isometrics
 - Advance scapula strengthening
 - CKC activities for dynamic stability of scapula deltoid and cuff
 - Initiate ER and IR strengthening
 - Progressive serratus anterior strengthening (isolated pain free, elbow by side)
 - Progress to isotonic dumbbell exercises for deltoid, supraspinatus
 - Up to 3 lbs max
 - Cautions
 - Do not initiate AAFE or rotator cuff strengthening until overall pain level is low
 - Assure normal scapulohumeral rhythm with AAFE and AFE
 - Strengthening should progress only without signs of increasing inflammation
 - Strengthening program should emphasize high repetitions, low weight and should be performed a maximum of 2x/day

Phase IV (4-6 months) – Return to Activity/Advanced Conditioning Goals

- Goals
 - Normalize strength, endurance and power
 - Return to full ADL's and recreational activities POST-OP MONTHS 4-6
- Therapeutic Exercise
 - Stretching PRN
 - Continue deltoid/cuff/and scapula strengthening as above (5lbs max for isotonic strengthening) with the following progressions:
 - Prone isotonic strengthening PRN
 - Decreasing amounts of external stabilization provided to shoulder girdle
 - Integrate functional patterns
 - Increase speed of movements
 - Integrate kinesthetic awareness drills into strengthening activities
 - Decrease in rest time to improve endurance
 - Progressive CKC dynamic stability activities
 - Initiate isokinetic strengthening