

Proximal Humerus ORIF Rehabilitation

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-4 PT 2- 3x/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 4-8 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 Max FF 160° until 6 weeks then advance Max ER 45° until 6 weeks then advance Periscapular stabilization Submaximal isometrics biceps, deltoid, triceps, ER, and IR Posture training
Weeks 8-12 PT 2- 3x/week HEP daily	Full ROM Scapularhumeral rhythm Restore strength 5/5 Improve endurance	Avoid rotator cuff irritation	A/AA/PROM no limits Strengthening as tolerated Upper body ergometry (UBE)
Weeks 12+ PT 1- 2x/week HEP daily	Maximize ROM Gradual return to activity	Return to sport (MD directed)	ROM Strengthening Endurance