



Kansas City Orthopedic Alliance

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Rehabilitation Protocol: ORIF Proximal Humerus Fracture

Phase I (0-5 weeks)

- **Week 1- Early Passive Motion**
 - Wear the sling at all times except to exercise
 - Hand, wrist, elbow, and cervical AROM
 - Grip and wrist strengthening
 - PROM ER to 30 degrees and flexion to 130 degrees

- **Week 2 AAROM**
 - Begin pendulum exercises
 - Begin pulley for flexion and abduction
 - Begin gentle AAROM flexion to 140 degrees
 - Supine ER with a stick to 40 degrees keeping arm in plane of scapula
 - Scapular stabilization with S/L scapular clocks and seated scapular retraction

- **Week 3-4 AAROM and Isometrics**
 - Continue all exercises
 - Begin S/L assisted forward elevation
 - Begin submaximal isometrics IR, ER, Flexion, Ext, ABD
 - Begin flexion and ABD on slide board or table

Phase II (4-12 weeks)

- **Week 4-6 AROM**
 - Establish full PROM
 - Begin AROM
 - Supine flexion with and without stick
 - Progress to sitting or standing flexion with a stick
 - Sitting flexion with elbow bent and arm close to the body
 - Raise arm over head with hands clasped
 - Perform ER and ABD with hands behind head
 - Eccentric pulleys
 - Sidelying ER
 - Prone Extension and ABD
 - Serratus punches

- o Continue PROM and begin patient self- stretching at week 6
 - Wall walking
 - Doorway ER stretch
 - S/L posterior capsule stretch
- o Begin multi-angle isometrics

- **Week 8 Early Resisted ROM**
 - o Begin TheraBand for IR, ER, Flexion, ABD, and Extension
 - o Begin supine IR, ER as above with arm supported at 15 degrees ABD
 - o Progress to adding weight to above exercises **only if pain- free**
 - o Biceps/ Triceps strengthening with dumbbells

Phase III (12+ weeks) Aggressive Stretching and Strengthening

- Isotonic strengthening with weights all directions
- Increase TheraBand or use rubber tubing
- Increase stretches on door and add prone stretches
- Begin functional or sport activity for strength gain