



PROXIMAL HUMERUS FRACTURE / ORIF

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-3 PT 2-3x/wk HEP daily	Edema and pain control	Sling except exercises & shower No active shoulder ROM Non weight bearing	Neck/elbow/wrist/hand AROM Gripping exercises Codman/pendulum PROM all planes to tolerance
Weeks 3-6 PT 2-3x/wk HEP daily	Full PROM	Non weight bearing Discharge sling	AAROM progressing to AROM as tolerated Glenohumeral isometrics
Weeks 6+	Full ROM Gradual return to activity		Continue AROM Isotonic strengthening of rotator cuff and scapular stabilizers

Protocol designed to indicate full weeks completed ie. 4 weeks means end of 4th week, not beginning of 4th week