Travis Frantz, MD, FAAOS
Orthopedic Surgeon
Shoulder, Knee, & Sports Medicine
Indiana University Health Medical Group
Assistant Professor of Orthopedic Surgery,
Indiana University
(317) 944-9400
sportsmedindiana.com

Orthopedics & Sports Medicine

Proximal Humerus Fracture Rehabilitation Protocol
(open reduction internal fixation – ORIF)

- **Weeks: 0-6**
  - Goals: prevent stiffness, decrease swelling/inflammation, and protect fixation
  - Sling likely for 6 weeks, per physician's instructions
  - No active shoulder ROM until 6 weeks
  - No lifting greater than glass of water, cup of coffee; okay for phone, keyboard, etc.
  - Begin pendulum/Codman's exercise, postural correction exercises for trunk/upper extremity immediately
  - Start active ROM for ipsilateral elbow, wrist, hand, digits
  - Passive ROM as tolerated, not to exceed 90 deg forward elevation and abduction, 30 degrees internal rotation, 30 degrees internal rotation
  - Seated table slide for flexion or supine assisted shoulder flexion okay beginning week 2
  - Modalities as needed for muscle stimulation, pain control, swelling control
- **Weeks 6-12**
  - Goals: improved swelling and pain, increase ROM, begin strengthening
  - Advance to active-assist and active ROM in all planes of shoulder
  - Advance weight bearing per physician's instructions, usually 5-10 pound limit
  - Begin pulley use at 6 weeks
  - Begin light weight resistance exercises of scapular stabilizers, biceps, triceps, deltoid at 8 weeks
  - Begin rotator cuff strengthening exercises at 10-12 weeks
  - Emphasize importance of home exercise program
  - Modalities as needed for muscle stimulation, pain control, swelling control
- **Weeks 12+**
  - Goals: increase strength, return to work, sport, and/or pre-injury functional level with minimal to no restrictions
  - Advance weigh bearing per physician's instructions, usually as tolerated without restriction
  - Initiate/continue progressive resistance exercises at light weight, high repetition
  - Emphasize rotator cuff and periscapular strengthening
  - Neuromuscular and proprioceptive training
  - Work on improving functional/ADL tasks as needed
  - Functional/work-specific/sport strengthening and training, if applicable
  - Customized HEP to continue once PT/OT is completed

Physical therapy protocols, post-operative instructions, and other information can all be accessed at any time at *www.sportsmedindiana.com*