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REHABILITATION GUIDELINES FOR PROXIMAL HUMERUS FRACTURE - ORIF

PHASE I (1-3 WEEKS)

DATES:

Appointments	<ul style="list-style-type: none"> • Begin physical therapy at 1 week post op, 2 x/week • Follow up with MD 10-14 days post op.
Rehabilitation Goals	<ul style="list-style-type: none"> • Protect repair • Minimize pain and swelling • Maintain ROM of surrounding joints • Prevent adhesive capsulitis • Minimize cardiovascular deconditioning
Precautions	<ul style="list-style-type: none"> • Sling at all times or per MD • No AROM, lifting, pushing, pulling x 6 weeks • No ER > 40 degrees or excessive shoulder EXT x 6 weeks • No supporting of body weight
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • PROM of shoulder: <ul style="list-style-type: none"> - Flexion to 90 degrees - ER to 30 degrees - IR to tolerance (no behind back) • Scapular clocks: <ul style="list-style-type: none"> - Elevation, depression, retraction, protraction • Pendulums (Codman's) • Incision mobilization • Cervical, hand, wrist, elbow AROM – thumb to shoulder, make fist
Cardiovascular Exercises	<ul style="list-style-type: none"> • Stationary bike in sling
Progression Criteria	<ul style="list-style-type: none"> • Per X-ray evidence of healing • PROM flexion to 90 degrees, ER to 30 degrees

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PHASE II (WEEKS 3-6)

DATES:

Appointments	Continue physical therapy 2 x/week
Rehabilitation Goals	<ul style="list-style-type: none"> • Regain PROM • Gentle functional use • No resistance
Precautions	<ul style="list-style-type: none"> • Sling and ROM limitations per MD • No IR/ER • No driving • No pushing, pulling, lifting • No cuff strengthening
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • PROM in scapular plane (no hand behind back IR) • AAROM: <ul style="list-style-type: none"> - flexion to 90 degrees - ER to 40 degrees • Pulleys • AROM of elbow, wrist and hand • Continue scapular isometrics and clocks • Grade I-II GH and scapular mobilizations
Cardiovascular Exercises	<ul style="list-style-type: none"> • Cardiovascular conditioning in sling per MD • UBE no resistance • Stationary bike • Pool at week 3 for ROM maintaining MD ROM limits
Progression Criteria	<ul style="list-style-type: none"> • Per X-ray evidence of healing • AAROM flexion to 90 degrees, ER to 40 degrees

PHASE III (WEEKS 6-12)

DATES:

Appointments	<ul style="list-style-type: none"> • Continue physical therapy 2 x/week, may decrease to 1 x week per PT discretion
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(Phase III continued) Rehabilitation Goals	<ul style="list-style-type: none"> Regain full PROM
Precautions	<ul style="list-style-type: none"> Sling use per MD based on x-ray evidence of healing May begin driving 20 # weight limit No pushing or pulling No overhead activity
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> Continue PROM/AAROM/AROM cervical, shoulder, elbow, wrist and hand Pec minor stretching to minimize scapular protraction with flexion Submaximal isometric RTC exercises at 6 weeks Progressive isotonic RTC exercises at 8 weeks, low weights, high reps Grade III-IV GH and scapular mobilizations at 8 weeks Posterior scapular stretching at 8 weeks if needed General UE strengthening at 10 weeks
Cardiovascular Exercises	<ul style="list-style-type: none"> UBE with light resistance Stationary bike Swimming per MD
Progression Criteria	<ul style="list-style-type: none"> Advance to work/sport specific conditioning once AROM is = bilateral and strength is 4+/5 in all directions

PHASE IV (WEEKS 12 +)

DATES:

Appointments	Continue physical therapy 1 x/week
Rehabilitation Goals	<ul style="list-style-type: none"> Full ROM in all planes Transition to HEP
Precautions	<ul style="list-style-type: none"> Per MD but generally no lifting, pushing or pulling precautions at this point No overhead lifting until 4-6 months post op
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> AROM of cervical shoulder, elbow, wrist and hand emphasizing end ROM GH and scapular joint mobilizations as needed

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(Phase IV continued) Suggested Therapeutic Exercises	<p>Pec minor stretching</p> <ul style="list-style-type: none">• Posterior capsule stretching• Anterior deltoid strength and scapular stabilization• General UE strengthening
Cardiovascular Exercises	<ul style="list-style-type: none">• No restrictions
Progression Criteria	<ul style="list-style-type: none">• DC to HEP