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POST-OPERATIVE REHABILITATION PROTOCOL

Proximal Humerus ORIF

GENERAL PRINCIPLES

- Bony healing occurs usually within 6 to 8 weeks in adults
- Return to normal function and motion may require 4 months – 6 months

OVERALL GOALS

- Increase ROM while protecting the fracture site; control pain and swelling (with exercise and modalities)
- Perform frequent gentle exercise to prevent adhesion formation

Phase I- Early Mobility

Phase II- AROM

Phase III- Strength and Function

Phase IV- Return to Normal Function

Phase I Weeks 1–6

- Sling worn during the day and night for 6 weeks, except for HEP
- Pendulum exercises
- Neck ROM exercises
- Elbow, wrist, and hand ROM exercises
- Scapular exercises-shrugs, squeezes, and PNF
- Immediate PROM in supine if fixation is secure
- **PROM:** ER to 30° and flexion to 90° week 1–2 and 120° week 2–4; pulleys; modalities for pain and swelling

Phase II Week 6

- Wean from sling usually at 6 weeks and discontinue
- AROM, sub-max isometrics, and scapular PRE's
- < 5 lbs at 6 weeks AROM based on radiographic evidence of healing
- Active shoulder ROM exercises in supine and progress to standing or sitting



- Sub-maximal Isometric exercises of the deltoid and rotator cuff muscles
- Continue passive ROM and scapular exercises

Phase III Weeks 7–11

- Continue AROM, PROM, shoulder isometrics and scapular PRE's
- Early Resisted ROM (week 8 and beyond)
- Wall walking
- Doorway ER stretch; begin theraband for IR, ER, flexion, ABD, and extension
- Begin supine IR, ER with 1# (with arm supported at 15°ABD)
- Begin UBE no resistance
- Progress to adding weight to above exercises only if pain-free
- Biceps / Triceps strengthening with dumbbells

Phase IV Week 12+

- Initiate isotonic exercises starting with TheraBand and progressing to weights after week 12
- Concentrate on RTC and scapular strength
- Advanced progressive resistance exercises
- Progress to overhead exercises
- Plyometrics and muscle coordination exercises
- Push end range of motion
- Glenohumeral joint mobilizations

Return to Sport & Discharge Criteria

- Healing confirmed by Dr. Kelly; full functional ROM
- Strength $\geq 90\%$ of opposite side; graduated return to impact after clearance

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.