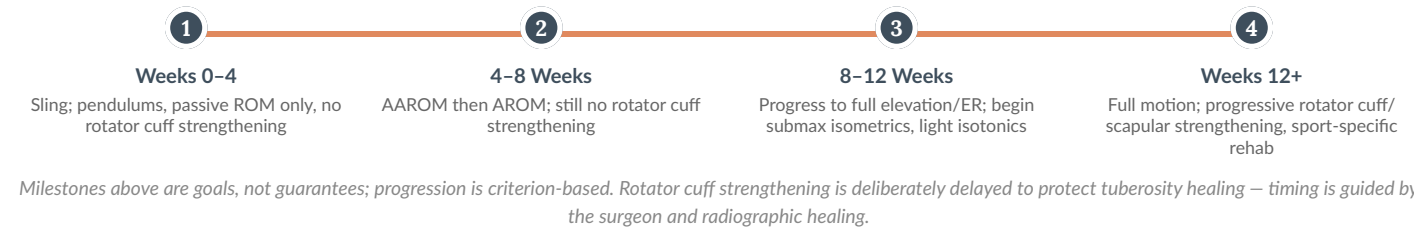


**PT PROTOCOL**

# Proximal Humerus Fracture — Open Reduction Internal Fixation

## Rehabilitation Protocol



### Phase 1 Weeks 0-4

**Sling:** Worn at all times except for home exercises and hygiene, for the first 2 weeks.

#### Range of Motion

- Pendulum exercises.
- Passive forward elevation to 90°.
- Passive external rotation to 30°.
- Passive internal rotation as tolerated.

#### Therapeutic Exercises

- *No rotator cuff strengthening — the greater and lesser tuberosities have been repaired and must heal before stress is applied to the rotator cuff tendons.*
- Begin postural correction; scapular retraction and depression.

#### Modalities

- Cryotherapy and other modalities to decrease pain and inflammation.

### Phase 2 Weeks 4-8

#### Range of Motion

- Active-assisted range of motion from weeks 4-6.
- Active range of motion beginning at week 6.

#### Therapeutic Exercises

- *No rotator cuff strengthening.*
- Continue scapular retraction and depression.

#### Modalities

- Cryotherapy and other modalities to decrease pain and inflammation.

### Phase 3

Weeks 8–12

#### Range of Motion

- Active range of motion, progressing to full forward elevation and external rotation.

#### Therapeutic Exercises

- Begin submaximal isometrics in flexion, abduction, internal rotation, external rotation, and extension.
- Add progressive isotonic with low resistance and high repetitions, as tolerated.
- Emphasize anterior deltoid strength and scapular stabilization.

### Phase 4

Weeks 12+

#### Range of Motion

- Full motion in all planes.

#### Therapeutic Exercises

- Continue rotator cuff and scapular strengthening program, increasing resistance as strength improves.
- Sport-specific rehabilitation.