THE ORTHOPEDIC PARTNERS
AN RCM CLINIC
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Proximal Humerus ORIF Repair Protocol

Phase 1

- Sling: **Wear sling at all times, including while sleeping for 4-6 weeks as directed**
- Weeks 0-4
  - Perform scapular stability (shrugs, retraction) and grip exercises as shown
  - PASSIVE flexion/extension of elbow twice daily as shown (do not over-extend)
  - Wrist and hand motion such as typing okay after 5 days. Minimal movement such as light grip/relaxing of the hand is encouraged soon after surgery
- Weeks 2-6
  - Begin passive ROM as directed by your provider and physical therapist
    - PASSIVE ROM Goals: Forward elevation 90°+, external rotation 30°+, abduction 60°- 90°+
  - **No resistance/ holding objects with the arm/hand greater than 1-2 lb**
  - **No internal rotation (reaching backwards or up along spine)**
  - **No pulleys, pool therapy, or electric stimulation until Phase 2**

Phase 2

- Weeks 4-6 (Wean sling use as instructed)
  - Begin assisted active ROM with PT, then progress to active ROM all directions
  - Goals: Forward elevation 140°+, external rotation 40°+, abduction 90°+
  - Addition of home exercise program as directed by physical therapist
    - Wall climb, wand exercises (begin supine if needed), towel slide, etc.
  - **No resistance/ holding objects with the arm/hand greater than 3-4 lb**
- Weeks 6-12
  - Continue progressing activity. Begin Internal Rotation (ex. Sleeper stretch)
  - Goals: Approach full ROM. Forward elevation 160°+, external rotation 45°+, internal rotation 60°- 90°, abduction 120°+
  - **May increase resistance/ holding objects up to 10-15 lb max**
  - **No intense sports/activity with likely impact or falls until Phase 3**

Phase 3

- Weeks 12+
  - Begin strengthening program as directed (usually 50-75% effort)
  - Increase activity stepwise as tolerated

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