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Rehabilitation Program for ORIF Proximal Humerus Fracture

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
 - 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
 - < 5lbs 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
- PHASE IV Week 12+
 - Initiate isotonic exercises starting with therabands and progressing to weights after week 12
 - Upper extremity PNF
 - 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