

**KNEEbraska****Proximal Humerus Fracture ORIF Rehab Protocol****Dr. Matthew Byington****[www.drmattbyington.com](http://www.drmattbyington.com) // [www.KNEEbraska.com](http://www.KNEEbraska.com) // [www.prairie-ortho.com](http://www.prairie-ortho.com)****Prairie Orthopaedic & Plastic Surgery****4130 Pioneer Woods Drive, Suite 1 (402) 489-4700 (o); (402) 489-5220 (f)****Frequency: 2-3 visits/week****Duration: 4 months*****0 to 6 weeks:***

1. 2 visits per week, everyday home program
2. Sling is to be worn for sleep
3. Active and passive range of motion of the neck, elbow, wrist and hand should be performed 5 times daily
4. Avoid any active shoulder motion for the first 4 weeks.
5. Gentle passive pendulum exercises should be started immediately to be performed 3 times daily
6. Icing program, 3 to 5 times a day, 30 minutes each after exercises
7. Gentle passive shoulder motion in all planes without restrictions
8. Please focus on normalizing scapulohumeral kinematics

***6 weeks to 3 months:***

1. 2 to 3 visits per week, 5 times a week home program
2. Continue all exercises in previous phase (as described above)
3. Passive and active assisted ROM exercises in all planes of shoulder motion, as tolerated
4. Periscapular strengthening and range of motion exercises should begin including shoulder shrugs and scapular retraction exercises
5. Progress to active ROM once passive motion
6. Isometric strengthening exercises can begin in this time period once active ROM adequate

**3 to 6 months:**

1. 1 to 2 visits per week, with a home program 5 times a week.
2. Continue exercises in previous phases (as described above)
3. A strong emphasis on periscapular strengthening and range of motion exercises should continue with scapular protraction, retraction, and elevation
4. Rotator cuff strengthening exercises (with bands and dumbbells) may begin once active range of motion is full

**6 to 9 months:**

1. 4 to 5 times a week home program. 1 to 2 visits per week to advance home program.
2. Continue exercises in previous phases (as described above)
3. Active shoulder girdle, rotator cuff, and periscapular muscle strengthening exercises are the focus of this period with the emphasis to regain full strength. Strengthening exercises should be high repetition, low weights with dumbbells and bands

**Discharge Criteria:**

1. Maximize ROM
2. Full independent ADLs
3. Normal scapulohumeral rhythm >100 deg elevation
4. Independent HEP