



Proximal Humerus Fracture Open Reduction Internal Fixation

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
Phase I Weeks 0-4 PT 1-2x/wk HEP daily	Protect surgical repair Edema and pain control	No active ROM Supine PROM - FF 140° - ER 45°	Sling except exercises & shower Non weight bearing	Elbow, wrist, hand ROM Gripping exercises Codman/Pendulum
Phase II Weeks 4-8 PT 1-2x/week HEP daily		Full PROM No active FF or abduction Advance PROM & AAROM - FF 160° until 6 weeks then advance - ER 45° until 6 weeks then advance	Wear sling in public No sling for ADL's Non weight bearing	Periscapular stabilization Submaximal isometric biceps, deltoid, triceps, ER, & IR Posture training
Phase III Weeks 8-12 PT 1-2x/week HEP daily	Scapulohumeral rhythm Restore Strength 5/5 Improve endurance Avoid rotator cuff irritation	Full	None	A/AA/PROM no limits Strengthening as tolerated Upper body ergometry (UBE)
Phase IV Weeks 12+ PT 1-2x/week HEP daily	Gradual return to activity Maximize ROM	Full	None	ROM Strengthening Endurance Return to sport (MD directed)