



## **REHABILITATION AFTER ORIF OF THE PROXIMAL HUMERUS**

***Please note:** This document is intended to provide guidelines for the postoperative rehabilitation of a patient who have suffered a fracture of the proximal humerus and have undergone open reduction internal fixation. The intent of this protocol is to not to supplant the decision making of the clinician, but to suggest a structure and progression of rehabilitation.*

*If the clinician requires assistance in the progression of a postoperative patient, please contact Dr. O'Donnell's office.*

### **SUMMARY:**

- **Sling x6 weeks, Nonweight bearing of the upper extremity**
- **Gentle pendulums starting weeks 1-2**
- **PROM beginning weeks 3-4**
- **AAROM weeks 5-6, AROM from weeks 7-12**
- **Strengthening beginning week 12+**
- **If biceps tenodesis performed – elbow PROM immediately, AROM at 4 weeks, and elbow strengthening at 8 weeks**

### **PHASE I: CONSOLIDATION PHASE (Weeks 0-4 post fracture):**

Goals:

- Control pain and edema
- Protect fracture site
- Minimize deconditioning
- Maintain range in joints around the effected region (wrist, hand, and neck) Prevent glenohumeral adhesive capsulitis and muscle flexibility deficits

Intervention:

- Modalities: such as TENS and ice, for pain control
- Splint/Sling as direct by MD

- Monitor use and weight bearing instructions per MD
- Gentle range of motion exercises of the neck, wrist, and hand
- Gentle pendulum exercises weeks 1-2

**PHASE II: EARLY PROM PHASE (Weeks 2-4):** When pain has diminished and the patient is less apprehensive.

Goals: Same as above

Intervention: in addition to above

- Passive forward elevation of the shoulder while supine to limit 90
- Passive external rotation of the shoulder to 40 degrees
- Passive internal rotation as tolerated (not behind back)

**PHASE III: EARLY ACTIVE-ASSISTED MOTION (Weeks 5-12):**

Goals:

- Continue to control pain and edema as needed
- Minimize deconditioning
- Regain full range of motion
- Prevent muscle atrophy

Intervention:

- Pendulum
- PROM
- Active assistive forward elevation starting week 5
- Active assistive external rotation starting week 5
- Advance to AROM (week 7) as pain allows
- Gripping exercises

**PHASE IV: STRENGTHENING (Weeks 12-16)**

Goals:

- Regain full range of motion
- Regain strength

Intervention:

- Resistive exercises: standing forward press, theraband resisted (flexion, internal rotation, external rotation and abduction) exercises, and rowing
- Self stretching: flexion/abduction combined, internal rotation, flexion, abduction/external rotation combined, bilateral hanging stretches

- Advanced internal rotation, shoulder flexion, external rotation and horizontal abduction stretching



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