

Proximal Humerus ORIF

Physical Therapy Protocol

Phase I – Immobilization and Early Motion (Weeks 0–3)

Goals:

- Protect fracture fixation
- Minimize pain and inflammation
- Initiate gentle motion without stressing surgical repair

Precautions:

- Sling or immobilizer use for 2–3 weeks
- Avoid external rotation for first 6 weeks

Therapeutic Exercises:

- Pendulum exercises
- Gently assisted range of motion (AROM and AAROM as tolerated)
- Emphasize hand, wrist, and elbow mobility

Phase II – Assisted and Functional Motion (Weeks 3–9)

Criteria to Begin:

- Radiographic and clinical evidence of healing
- Fragments moving as a unit, no displacement on x-ray

Goals:

- Improve range of motion
- Initiate functional use within limits of healing

Therapeutic Exercises:

- Active-assisted forward flexion and abduction
- Gentle functional use (weeks 3–6) — avoid abduction against resistance
- Gradually decrease assistance with ROM starting at week 6

Phase III – Strengthening Phase (Weeks 9 and Beyond)

Goals:

- Restore full active range of motion
- Improve shoulder strength and endurance

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Through Small Incisions

Therapeutic Exercises:

- Add isotonic, concentric, and eccentric strengthening
- If stiffness persists despite bone healing, begin passive stretching under therapist supervision

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