

OPEN REDUCTION INTERNAL FIXATION PROXIMAL HUMERUS FRACTURE

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____ Weeks 0-6:

- Sling for 6 weeks, except for therapy and bathing
- Non weight bearing
- Passive ROM only → Max 90° FF / 20° ER at side; Abd max 60° without rotation
- No active shoulder motion for 6 weeks
- Focus on normal scapulohumeral kinematics
- Immediate pendulum exercises 3x per day
- Neck, elbow, wrist, hand ROM exercises as tolerated 5x/day
- Grip strengthening OK
- Heat before PT, ice after PT
- Advise patient on home exercise program

____ Weeks 6-12:

- Continue all activities from week 0-6
- Begin AAROM → AROM without any ROM restrictions
- Can progress to AROM when PROM and AAROM is full
- Goals: Increase ROM as tolerated with gentle passive stretching at end ranges
- Begin light resisted ER/IR/FF/ABD: isometrics and bands, concentric motions only

____ Months 3-12:

- Continue all exercises above
- Isometrics → light bands → weights
- Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.
- Increase ROM to full with passive stretching at end ranges
- Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.
- Continue focus on periscapular strengthening exercises

Modalities/Other:

Signature _____ Date: _____