

Rehabilitation Protocol: Proximal Humerus open reduction internal fixation with plate and screws

Phase I (Weeks 0-6)

- Sling immobilization for first 4-6 weeks–out of sling to do home exercise program (pendulums) three times daily
- Range of Motion – PROM
- **NO**
 - **Lifting anything heavier than a coffee cup**
 - **Supporting of body weight by hands and arms**
 - **Sudden jerking motions**
- Therapeutic Exercise
 - Grip Strengthening
 - Elbow/Wrist/Hand Exercises
 - Teach Home Exercises -- Pendulums
 - **No Pulleys/Canes**
- Heat/Ice before and after PT sessions

Phase II (Weeks 6-12)

- Discontinue sling if still being worn
- Range of Motion –AAROM→ AROM - increase as tolerated with gentle passive stretching at end ranges

Week 6 Goal: 90° Forward Flexion, 20° External Rotation at the Side, Maximum 75° Abduction

Week 8-10 Goal: 120° Forward Flexion, 30° External Rotation at the Side, Maximum 75° Abduction

- - Begin Active Internal Rotation and Backward Extension as tolerated
- Therapeutic Exercise
 - Begin light resisted exercises for Forward Flexion, External Rotation and Abduction – isometrics and bands – Concentric Motions Only
 - **No Resisted Internal Rotation, Backward Extension or Scapular Retraction**
- Modalities per PT discretion

Phase III (Weeks 12-24)

- Range of Motion – Progress to full AROM without discomfort
- Therapeutic Exercise
 - Begin resisted Internal Rotation and Backward Extension exercises
 - Advance strengthening as tolerated – Rotator Cuff, Deltoid and Scapular Stabilizers
 - Begin eccentric motions, plyometrics and closed chain exercises

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- Modalities per PT discretion
- Released to full activity at 24 weeks