**Rehabilitation Protocol**

**Proximal Humerus ORIF (2,3,4-Part)**

* **Sling for 2 weeks**

**Phase 0 – Quiet (Week 0 - 1)**

* Elbow-wrist-hand ONLY
* Passive elbow flexion/extension ONLY (due to biceps tenodesis)
* Begin active scapular retraction/protraction exercises with therapist cueing

**Phase I – Passive Motion (Week 2 - 6)**

***Pendulums to warm-up - Passive range of motion***

* Supine external rotation - **GRADUALLY increase to full by week 12** 
  + *(limit ER to 30 in this phase)*
* Supine forward elevation - **GRADUALLY increase to full by week 12** 
  + - *(limit FF to 120 in this phase)*
* Internal rotation – **begin after week 3**
* may start rehab in warm water pool at 3 weeks
* Ice: continue to ice on a regular basis. At least 20 minutes at a time, 4-5 times per day.
* Shower: On post-op day 3
* Appointment: your first therapy appointment should begin 1 week after surgery.

**Phase II – Active Motion (Week 7 - 10)**

***Pendulums to warm-up***

***Active range of motion with passive stretch to prescribed limits (FF 0-140, ER 0-30/40)***

* SupineSeated External Rotation
* SupineSeated Forward Elevation
* Internal rotation – **GRADUALLY increase to full by week 12**
* May begin active biceps flexion/extension exercises

**Phase III – Resisted (Week 11 - 15)  
*Pendulums to warm up and continue with phase 2***

* Increased ROM to full with passive stretching at end range
* Post-operative stiffness diminishes with time – continue on ROM exercises
* External and Internal Rotation
* Standing forward punch
* Seated Rows
* Shoulder Shrugs
* Bicep Curls
* Bear Hugs

**Phase IV – Weight Training (Week 16)**

* Keep hands within eyesight, keep elbows bent, no long lever arms
* Minimize overhead activities (below shoulder level)
* No military press, pull-downs behind head, or wide grip bench
* Gradual progression of resistance controlling velocity, duration, intensity, and frequency
* MMI is usually at 12 months post-op

**RETURN TO ACTIVITIES**

Computer 3-4 weeks

Driving When no longer taking narcotics

Elliptical 1 months

Jogging 2-3 months

Light Swimming 3-4 months

Golf (Chip & Putt) 3 months

Golf (Irons & Driver) 4-5 months

Tennis 4-5 months

Weight training 4-5 months

Skiing 6 months

Contact Sports 6 months

\*\*Heavy overhead lifting (military press), pull-down behind head, wide grip bench and dips are discouraged.