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## **POST-OPERATIVE REHABILITATION PROTOCOL ORIF OF PROXIMAL HUMERUS FRACTURE**

### **PRECAUTIONS**

During 1<sup>st</sup> six weeks

No passive external rotation past 30 degrees  
No active forward flexion/abduction/IR/ER  
No cross body adduction  
No lifting/pushing/pulling > 5 lbs

### **PHASE 1**

Weeks 1 and 2  
Weeks 3 and 4

Arm in sling at all times except exercises and bathing  
Pendulum exercises  
Passive forward elevation to 90 degrees  
Passive ER to 30 degrees  
Passive IR as tolerated (not behind back)  
Scapular retraction/depression/stabilization  
Modalities to decrease pain and inflammation

### **PHASE 2**

Weeks 4 to 8

Pendulums to warm-up  
May discontinue sling if comfortable  
NO cuff strengthening  
Self-assisted forward elevation to 90, progress as tolerated  
IR in scapular plane  
Grade I-II glenohumeral and scapulothoracic mobilization  
Modalities to decrease pain and inflammation

### **PHASE 3**

Weeks 8 to 12

Pendulums to warm-up  
Progress to full forward elevation, ER, IR behind the back  
Posterior capsular stretching  
Grade III-IV glenohumeral/scapular mobilization  
Isometric strengthening in flexion, abduction, IR, ER, extension  
Add progressive low-resistance isotonic  
Anterior deltoid strengthening and scapular stabilization  
Continue aerobic conditioning

### **PHASE 4**

Week 12 and beyond

Progressive return to full motion in all planes  
Emphasize posterior capsule stretching  
Continue rotator cuff and scapular strengthening  
Increase resistance as strength improves  
Maintenance home exercise program  
Sport-specific rehabilitation