

Physical Therapy Prescription

Proximal Humerus Fracture ORIF REHABILITATION PROTOCOL			
TIME PERIOD	RANGE OF MOTION	IMMOBILIZER	EXERCISES
1-3 weeks	Passive Shoulder Motion Only ER to 10 Scapular Plane Elevation to 90 No Internal Rotation	At all times unless doing motion exercises	Pendulums/Codmans. Elbow, wrist, hand ROM. Scapular Stabilization. No Weight bearing
4-6 weeks	Passive Shoulder Motion Only ER to 30 Scapular Plane Elevation to 120 No internal rotation	Immobilizer while out of home and sleeping for protection. Ok to remove while sitting at home.	Postural work, upper trapezius relaxation, active scapular retraction and depression. Encourage walking program. No weight bearing
6-8 weeks	Passive and Active-assisted ROM ER 60 Scapular Plane Elevation to 160 Begin Internal Rotation as tolerated	None	Deltoid Isometrics. Submaximal ER/IR isometrics at neutral. Pulleys ok. No lifting greater than a coffee cup
8-12 weeks	Continue to increase ROM as tolerated. Goal is full ROM at 12 weeks	None	May begin theraband rotator cuff strengthening. Gentle with internal rotation. No lifting greater than 5 pounds
12+ weeks	Full ROM	None	Begin isokinetic program, continue flexibility, progress rotator cuff strengthening Plyometrics at 14 weeks for athletes Return to sports at 16-20 weeks

*****Begin Physical Therapy 1 week after surgery**

<p>Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336</p> <p>Patient Name: _____ Surgery Date: _____</p> <p>Physical therapy to evaluate and treat for post op ORIF Proximal Humerus Fracture using the above protocol. 1-2x per week for 12 weeks.</p> <p>Notes: _____</p> <p>MD signature: _____</p>
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