**ORIF PROXIMAL HUMERUS PROTOCOL**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Surgery: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

**\_\_\_\_\_\_Weeks 0-2**

• Home Exercises including ROM elbow, wrist, hand, grip strengthening; Pendulum exercises

• Remain in sling for 6 weeks (except for personal grooming and PT as below)

 **\_\_\_\_\_\_Weeks 2-6:**

• Begin Passive ROM only: Goals FF 90 deg, abduction 60 deg, ER 20 deg by 6 weeks

• Continue pendulums and ROM elbow, wrist, hand, grip strengthening

• No resisted motions of the shoulder

**\_\_\_\_\_\_Weeks 6-8:**

• Discontinue sling

• Start AAROM and progress to AROM

• Progress to FF 140 deg with AROM only

• No resisted motions of the shoulder

• No stretching or manipulation

**\_\_\_\_\_\_Weeks 8-12:**

• ROM as tolerated

• OK for gentle stretching at end ROM

• Advance strengthening as tolerated: isometrics -> bands -> light weights (1-5 pounds) with 8 – 12 reps / 2 – 3 sets

 for rotator cuff, deltoid and scapular stabilizers

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_