

<b>UCLA OUTPATIENT REHABILITATION SERVICES</b>	
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**ORIF OF GREATER TUBEROSITY FRACTURE PHYSICAL THERAPY PRESCRIPTION**

**Diagnosis: s/p ( LEFT / RIGHT ) ORIF of Greater Tuberosity Fracture**  
**Date of Surgery: \_\_\_\_\_**



## **General Principles of Rehabilitation for Fractures**

- FORMCHECKBOX Treat the patient not the fracture
- FORMCHECKBOX Move all joints that are not immobilized
- FORMCHECKBOX Prevent disuse atrophy
- FORMCHECKBOX Use gravity to assist in mobilizing a joint
- FORMCHECKBOX Avoid exercises which reproduce the mechanism of injury
- FORMCHECKBOX Early intervention is the key to a successful recovery

## **Phase I (Weeks 1-6) Early Mobility**

- FORMCHECKBOX Abduction sling worn during the day and night for 4-6 weeks, except for home exercise program
- FORMCHECKBOX Begin immediate Pendulum exercises
- FORMCHECKBOX Neck ROM exercises
- FORMCHECKBOX Elbow, wrist, and hand ROM exercises
- FORMCHECKBOX Scapular exercises-shrugs, squeezes, and PNF
- FORMCHECKBOX Immediate PROM in supine position – passive ER to neutral only, supine passive arm elevation (limit to 90° weeks 1-4 and 120° weeks 5-6)
- FORMCHECKBOX Pulleys
- FORMCHECKBOX Modalities for pain and swelling

## **Phase II (Week 6) AROM**

- FORMCHECKBOX Wean from sling usually at 6 weeks and discontinue it if physician allows
- FORMCHECKBOX AROM, sub-max isometrics, and scapular PRE's < 5 lbs at 6 weeks
- FORMCHECKBOX AROM based on radiographic evidence of healing
- FORMCHECKBOX Active shoulder ROM exercises in supine and progress to standing or sitting
- FORMCHECKBOX Sub-maximal Isometric exercises of the deltoid and rotator cuff muscles
- FORMCHECKBOX Continue passive ROM and scapular exercises

## **Phase III (Weeks 7-11) Strength and Function**

- FORMCHECKBOX Continue AROM, PROM, shoulder isometrics and scapular PRE's

## **Phase IV (Weeks 12+) Return to Normal Function**

- FORMCHECKBOX Initiate isotonic exercises starting with therabands and progressing to weights after week 12
- FORMCHECKBOX Upper extremity PNF
- FORMCHECKBOX Concentrate on RTC and scapular strength
- FORMCHECKBOX Advanced progressive resistance exercises
- FORMCHECKBOX Progress to overhead exercises
- FORMCHECKBOX Plyometrics and muscle coordination exercises
- FORMCHECKBOX Push end range of motion
- FORMCHECKBOX Glenohumeral joint mobilizations

**Treatment:** \_\_\_\_\_ times per week    **Duration:** \_\_\_\_\_ weeks    \_\_\_ Home Program

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon**

Place label here

NAME OF PATIENT: \_\_\_\_\_

MRN: \_\_\_\_\_

**Kristofer J. Jones, M.D.**

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