



## PROXIMAL HUMERUAL FRACTURE FIXATION (ORIF)

### REHABILITATION PROTOCOL

#### REHABILITATION PROGRESSION

The following is a general guideline. Please consult Dr. Syal/Dr. Soswa if there is any uncertainty concerning advancement of a patient to the next phase of rehabilitation. Rehabilitation should be individualized according to patient status.

#### PRECAUTIONS

- functional shoulder brace to be worn immediately post-op and continued for first 6 weeks
- DO NOT attempt to pick up heavy objects with the hand of the operative side - may damage repair
- DO NOT elevate surgical arm above 70° in any plane for the first 4 weeks post-op

#### PHASE I (WEEK 0-6)

- allow healing of soft tissue & keep wound dry for 2 weeks
- arm is immobilized in 30° abduction & neutral rotation for a period of 4 to 6 weeks
- weeks 0-3: active mobility of the hand, fingers and elbow is allowed without any movement of the shoulder joint
- week 4: passive abduction of the arm is permitted starting from a resting position of 30° abduction
- sling should be used for sleeping and removed gradually over the course of the 4 weeks, for periods throughout the day
- while lying supine a small pillow or towel roll should be placed behind the elbow to avoid shoulder hyperextension / anterior capsule / subscapularis stretch
- avoid shoulder active range of motion & no lifting of objects
- 3 times daily elbow, hand and wrist ROM exercises to prevent stiffness
- cryotherapy for shoulder & modalities for inflammation as needed

#### PHASE 2 (WEEKS 6-12)

- passive rehabilitation is initiated emphasizing elevation and rotation
- physiotherapist 1-3 times per week - therapy exercises at home on days therapist not seen
- once the fixation clearly show radiographic healing, active mobility is permitted in elevation and internal rotation
- begin active forward flexion, internal rotation, external rotation, and abduction in supine position, in pain free ROM
- progress scapular strengthening exercises & stretching program
- wean from sling completely & begin isometrics of rotator cuff and peri-scapular muscles

#### PHASE 3 (WEEKS 12-16)

- continue AAROM /AROM as needed
- improve scapulo-humeral biomechanics
- scapular muscle strengthening (serratus and trapezius) in appropriate positions depending on strength (side-lying, prone or standing)
- more aggressive stretching if needed
- theraband - concentric and eccentric within pain-free ranges, all planes, light free weights, aquatherapy as needed