

Prisma Health
 Blue Ridge Orthopaedics-Easley
 309 E. 1st Ave
 Easley, SC 29640
 P: 864-850-2663
 F: 864-306-0012



Dr. Gabriella Ode
 Sports Medicine and Shoulder Surgery
www.GOsportsmed.com

Prisma Health
 Blue Ridge Orthopaedics- Powdersville
 11402 Anderson Road
 Greenville, SC 29611
 P: 864-631-2799
 F: 864-522-1245

**PHYSICAL THERAPY PROTOCOL
 PROXIMAL HUMERUS FRACTURE – DELAYED MOTION**

PROCEDURE		Date of Surgery/Injury: _____ R L <input type="checkbox"/> ORIF Proximal Humerus Fracture <input type="checkbox"/> Proximal Humerus Fracture – Non-operative Treatment	
PLAN		Physical Therapy for R L Shoulder 1-2x Per Week x 16 Weeks Rehab appointments begin 4 weeks after surgery	
GENERAL GUIDELINES		Goal: Regain full pain-free ROM and strength of shoulder and prevent elbow and wrist stiffness. Please read and follow guidelines below. Progression is both criteria-based and patient specific. Phases and time frames are designed to give the clinician a general sense of progression. Phases and time frames are designed to give the clinician a general sense of progression. Concomitant injuries may alter the guidelines. Follow physician's modifications as prescribed	
	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-6 weeks	<ul style="list-style-type: none"> ▪ 0-4 weeks: None ▪ 4-6 weeks: begin PROM - Limit flexion to 90°, ER to 45°, extension to 20° 	0-4 weeks: <ul style="list-style-type: none"> ▪ Immobilized at all times day and night ▪ Off for hygiene and gentle exercise only 	<ul style="list-style-type: none"> ▪ 0-4 weeks: elbow/wrist ROM, grip strengthening at home and pendulums only ▪ 4-6 weeks: begin PROM activities – Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; closed chain scapula
PHASE II 6-12 weeks	<ul style="list-style-type: none"> ▪ Begin active/active assistive ROM, PROM to tolerance ▪ Goals: Full Extension, ER 135° flexion, 120° abduction 	<ul style="list-style-type: none"> ▪ None 	<ul style="list-style-type: none"> ▪ Continue Phase I work; begin active assisted exercises, deltoid/rotator cuff isometrics at 8 weeks ▪ Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff*
PHASE III 12-16 weeks	<ul style="list-style-type: none"> ▪ Gradual return to full AROM 	<ul style="list-style-type: none"> ▪ None 	<ul style="list-style-type: none"> ▪ Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization ▪ Begin muscle endurance activities (upper body ergometer)

Prisma Health
 Blue Ridge Orthopaedics-Easley
 309 E. 1st Ave
 Easley, SC 29640
 P: 864-850-2663
 F: 864-306-0012



Dr. Gabriella Ode
 Sports Medicine and Shoulder Surgery
www.GOsportsmed.com

Prisma Health
 Blue Ridge Orthopaedics- Powdersville
 11402 Anderson Road
 Greenville, SC 29611
 P: 864-631-2799
 F: 864-522-1245

			<ul style="list-style-type: none"> ▪ Aggressive scapular stabilization and eccentric strengthening ▪ Cycling/running OK at 12 weeks or sooner if given specific clearance
PHASE IV 4-5 months	<ul style="list-style-type: none"> ▪ Full and pain-free 	<ul style="list-style-type: none"> ▪ None 	<ul style="list-style-type: none"> ▪ Maintain ROM and flexibility ▪ Progress Phase III activities, return to full activity as tolerated