

# Jared Smith, MD

## ORIF Proximal Humerus

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<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-4</b> PT 2-3x/week HEP daily	Edema and pain control Protect surgical repair FF 140°, ER 40° IR behind back	Sling except exercises & shower No active ROM Non weight bearing	Elbow, wrist, hand ROM Gripping exercises Codman/Pendulum Supine passive FF to 140° ER to 45°
<b>Weeks 4-8</b> PT 2-3x/week HEP daily	Full PROM	Wear sling in public No sling for ADL's Avoid active FF or abduction Non weight bearing	Advance P → AAROM Max FF 160° until 6 weeks then advance Max ER 45° until 6 weeks then advance Periscapular stabilization Submaximal isometrics biceps, deltoid, triceps, ER, and IR Posture training
<b>Weeks 8-12</b> PT 2-3x/week HEP daily	Full ROM Scapularhumeral rhythm Restore strength 5/5 Improve endurance	Avoid rotator cuff irritation	A/AA/PROM no limits Strengthening as tolerated Upper body ergometry (UBE)
<b>Weeks 12+</b> PT 1-2x/week HEP daily	Maximize ROM Gradual return to activity	Return to sport (MD directed)	ROM Strengthening Endurance