

**PROXIMAL HUMERUS
ORIF**



Post-op protocol for

Mathew Taylor, M.D.

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|---------------------------------|-------------|--|--|
| Sling Use: | | Sling for 8 weeks | |
| Phase I: (Passive) | Week 1-6 | <ul style="list-style-type: none"> • Pendulums to warm-up • Passive Range of Motion • Supine External Rotation – Full • Supine Forward Elevation - Full • Internal Rotation - to begin after 3rd week | |
| Phase II: (Active/Assistive) | Week 7-10 | <ul style="list-style-type: none"> • Pendulums to warm-up • Active Assistive Range of Motion with Passive • Stretch to full ROM ***Push-hold and relax, repeat • Supine-Seated External Rotation • Supine-Seated Forward Elevation • Internal Rotation | |
| Phase III: (Resisted) | Week 11-15 | <ul style="list-style-type: none"> • Pendulums to warm up and continue with phase 2 • External and Internal Rotation • Standing forward punch • Seated rows • Bicep Curls • PRE's for periscapular strengthening • Deltoid Strengthening | |
| Weight Training: | Week 16 | <ul style="list-style-type: none"> • Keep hands within eyesight, Keep elbows bent. • Minimize overhead activities (No Military press, pulldown behind head, or wide grip bench) | |
| Return to activities: | Immediately | Computer, eating, holding a book, typing, writing | |
| | 4 months | Golf | |
| | 5 months | Tennis | |
| | 6 months | Contact sports | |