

Physical Therapy Protocol Proximal Humerus Open Reduction Internal Fixation

Recommendation: PT/OT visits 2-3x/week for 8-12 weeks

Day 0-7

- Wear sling in public and while sleeping
- Shoulder pendulums, full wrist and elbow range of motion
- Passive shoulder motion only

Week 1-3

- Passive shoulder range of motion
 - Forward flexion to 60 degrees
 - Abduction to 30 degrees
- Sling on in public

Week 3-6

- Begin to wean out of sling – goal to be out by 6 weeks
- No resistance
- Work on full passive range of motion

Week 6-10

- Begin active range of motion
- Light resistance
- Work towards home program

Week >10

- Resistance exercises
- Full motion
- Home program