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Proximal Humerus & Greater Tuberosity ORIF PT

****This protocol is for patients with proximal humerus fractures that have been surgically repaired.**

Goal: Maintain range of motion (ROM) without displacing the proximal humerus fracture.

****Due to variable stability of the fracture, check for specifications and precautions ordered by the orthopedist.**

Phase I (0 – 21 days)

Begin elbow, wrist and hand active ROM.

A sling and or axillary pad should be used when not doing physical therapy.

Begin pendulum exercises (clockwise and counterclockwise).

After 7 days, begin supine ER with a cane. Fifteen to 20 degrees of abduction are permitted if the patient is more comfortable.

Establish a home exercise program so patient is performing exercises 3-5 times per day for 30 min. each session.

Phase II (3 - 6 weeks)

Begin assisted forward elevation (FE).

Perform pulley exercises and teach for home program.

Perform isometric exercises for IR, ER, extension, and abduction.

Phase III (7 weeks – 2 months)

Begin supine active FE.

Progressively increase patient's position from supine to erect during FE exercises.

Use therabands of progressive strengths for IR, ER, flexion, abduction, and extension.

Goal is progressive strengthening of deltoid and rotator cuff.

Begin flexibility and stretching exercises to progressively increase ROM in all directions.

Phase IV (>2 months)

Goals: Increase strength (especially at end range)

Gain adequate strength in the rotator cuff to allow for humeral head depression necessary to avoid impingement

Strengthen scapular rotators to allow for proper scapulohumeral rhythm

Intervention:

- Resistive exercises: standing forward press, theraband resisted (flexion, internal rotation, external rotation and abduction) exercises, and rowing

- Self stretching: flexion/abduction combined, internal rotation, flexion, abduction/external rotation combined, bilateral hanging stretches
- Advanced internal rotation, shoulder flexion, external rotation and horizontal abduction stretching

Work on sports / work specific activities