

**PROXIMAL HUMERUS
ORIF**



Post-op protocol for **Daniel Myer, M.D.**

Sling Use:

Sling for 8 weeks

Phase I: (Passive)

Week 1-6

- 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

- 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

- 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

- 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