Baylor Scott & White
ORTHOPEDIC ASSOCIATES OF DALLAS
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Manoj P. Reddy, MD
Sports Medicine & Shoulder Surgery
Orthopedic Associates of Dallas
469.800.7200 office | 469.800.7210 fax
DallasOrtho.com | ReddyOrtho.com

Proximal Humerus Fracture ORIF

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
Phase I **0–4 weeks** GOAL TO ADVANCE *Full elbow motion; pain controlled*	Passive: forward flexion to 140°, ER to 40°, abduction to 90°*; pendulums	Sling; wean at 4 weeks	Elbow/wrist/hand ROM, ball squeezes, scapular retraction
Phase II **4–8 weeks** GOAL TO ADVANCE *Full passive motion; isometrics tolerated*	Full passive; active-assisted; active from week 6	None	Gentle shoulder isometrics; light elbow strengthening. Lift ≤2 lb before 6 weeks; no shoulder weights; no forced end range
Phase III **8–12 weeks** GOAL TO ADVANCE *Full active motion*	Full active	None	Band and light-weight cuff, deltoid and scapular strengthening; arm bike
Phase IV **12+ weeks** GOAL TO ADVANCE *Fracture healed; physician clearance*	Full without discomfort	None	Heavier resistance, work- and sport-specific training**

NOTES

*Greater tuberosity fixation: no active abduction/ER and no resisted cuff work for about 6 weeks. Lesser tuberosity fixation: limit ER and no resisted IR for 6 weeks

**If approved by physician