

# ORIF HUMERUS FRACTURE REHAB GUIDELINES

PAUL B. McLendon, MD



*Riverside Orthopedics and Sports Medicine*

**INDIVIDUAL CONSIDERATIONS:** please check op report for information regarding procedure and sling usage; if RCR, then RCR protocol supersedes all other arthroscopic procedures

## **PHASE 1 (2-6 weeks)**

### **Post-op day 14 PT eval:**

- Remove post-op bandages!!!, assess incision and surgical site and place new dressing/bandage at end of session if needed
- Take off sling and assess PROM per protocol parameters
- Teach sling usage, need to avoid active ROM, use of ice

### **Sling Use**

- Use constantly, only remove for showers/hygiene and pendulums/PT exercises

### ***Goals at 6 weeks:***

- Control inflammation and pain—cryocuff 3-4 times a day
- PROM at least flex to 120\*, ER to 20\* by week 4 then gradually restore full PROM

### ***SUGGESTED THERAPEUTIC EXERCISES:***

- Pendulum exercises
- PROM in all planes
- No active ROM
- STM as indicated for pain-control – avoid scar massage!
- Elbow and wrist AROM exercises
- UT stretching, levator stretching, cervical retractions
- Scap retractions, shoulder shrug AROM

## **PHASE 2: (6-12 weeks)**

### ***Criteria:***

- Full PROM, pain-free

### ***Goals:***

- Sling discharged by 6 week follow up with MD

- Progress AAROM then to AROM
- Only begin isometric strengthening, no isotonic

***SUGGESTED THERAPEUTIC EXERCISES:***

- AAROM supine with dowel: flexion, abd, ER
- Table slides and progress to wall slides
- Continue with PROM
- Sub-max isometric strengthening (no IR if subscap involved)
- AROM in all planes
- Flex, abd, ER, IR in supine and standing
- s/l ER and abd
- Prone ITY, row
- Ball on the wall

**PHASE 3: (12+ weeks)**

***Criteria:***

- Full PROM and AROM, pain-free

***Goals:***

- Progress strengthening and return full

***SUGGESTED THERAPEUTIC EXERCISES:***

- Stretching and PROM as needed
- Light strengthening, start with light tubing and then progress to light DB <5 lbs in all planes—initiate once pt is able to elevate arm in scap plane without hiking
- IR stretch with strap
- Light-weight and progress to weighted ball on wall
- Continue to progress strengthening- correct UT compensation and shoulder/scap hiking
  - Standing ITY
  - IR and ER with tubing—progress to 90/90
  - D2 diagonal standing or supine with PT OP
  - Body blade
  - TRX row, TY
  - Prone on swissball ITY
  - Prone row to ER to press
  - Progress weight machine (row, lat pull down, ect)