

**Physical Therapy Protocol:  
PROXIMAL HUMERUS ORIF**

**Recommendation:** PT/ OT 2-3 visits per week for 10-12 weeks

**First 7 Days**

- Wear sling in public and to sleep
- Shoulder Pendulum ONLY. Full Elbow and Wrist ROM.
- NO extension x 6 weeks
- AAROM (wand, self-stretch)
- Ice 3-4x daily

**1-3 Weeks (Goal: Protect tuberosity and bony healing)**

- Wear sling in public x 5 weeks minimum
- NO Upper Body Exercises
- Pendulum shoulder exercises
- PROM

	Weeks 1-3
FE	0-60
Abd	0-30

- NO ACTIVE Internal Rotation, NO PASSIVE External Rotation
- Ice following exercises

**3-6 Weeks (Goal: full PROM (except ER) at end of 6th week, allow fractured tuberosities to heal)**

- No resistive exercises
- No weights
- Active range of motion – supine (no weights)

**6-12 Weeks (Goal: increase function and strength, increase ER ROM)**

- Resistive exercises
- TheraBand – home strengthening

**>12 Weeks**

- Weights 5-10 lbs