

## Carlton Houtz, MD

### Proximal Humerus ORIF (3 or 4 part fractures)

	<b>RANGE OF MOTION</b>	<b>IMMOBILIZER</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0 - 6 weeks</b>	Passive to Active-assisted to Active as tolerated within limits: FF $\geq$ 120 degs ER= max 40 degs at side ABD= max 75 degs without rotation No active IR or EXT	Worn at all times except for hygiene and therapeutic exercise for 4-6 wks.	Elbow/wrist/hand ROM, grip strength. Pendulums. Isometric scapular stabilizers exercises. Canes and Pulleys. Modalities: heat before, ice after.
<b>PHASE II 6 - 12 weeks</b>	Continue PROM stretch at end ranges. Add A/AAROM as tolerated for IR and extension.	Discontinue sling at 6 wks.	Begin light resisted ER/FF/ABD. Isometrics and therabands. (concentric motions only). No resisted IR/EXT or scapular retractions.
<b>PHASE III 3 – 6 months</b>	Progress to full active motion. No restrictions.	None.	Adv strengthening. Add IR/EXT and scapular retraction strengthening. Begin eccentric motions, plyometrics, closed chain exercises.
<b>PHASE IV 6 – 12 months</b>	Full painless motion.	None.	Begin functional sport/work specifics. Return to previous activity level.