

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ Proximal Humerus Fracture \_\_\_\_\_ Code: \_\_\_\_\_ S42.209 \_\_\_\_\_

Procedure: \_\_\_\_\_ Proximal Humerus Fracture Fixation (ORIF) \_\_\_\_\_ Surgery Date: \_\_\_\_\_

**In order for University of Utah Health Care to complete this referral, please fax the patient's first consult notes to the University of Utah Orthopaedic Center at 801-581-4404. Thank you.**

*Timing of each phase varies based on individual patient factors, length of time immobilized, strength/ROM status, and expected performance/activity demands.*

### **Phase I: Protect the Repair, Passive ROM (0 to 6 weeks)**

- Patient may shower immediately over clear plastic, waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- Ice or cold flow systems encouraged for the first week at a minimum
- Sling should be worn at night and when out of the house. It may be removed during the day
- Do not lift anything greater than 3 lbs with the surgical arm
- Home exercise program 3 times per day:
  - Immediate elbow, forearm and hand range of motion out of sling
  - Pendulum exercises (2 weeks)
  - Active Assisted ROM (AAROM): pulleys in scapular plane FE to 140° and ER to 40° (2 weeks)
  - Supine AAROM into flexion and ER with above limits (2 weeks)
  - Emphasize home program
- Restrictions:
  - Limit ER to 30°
  - No resisted IR
  - Avoid extension of shoulder and reaching behind back

### **Phase II: Active ROM (6 weeks to 10 weeks)**

- Discontinue sling at all times
- Lifting restriction of 10 lbs
- Advance active ROM and passive ROM as tolerated
  - Maintain ER limit of 40° until 10 weeks
  - Advance forward elevation as tolerated
- Scapular stabilizer strengthening
- Strengthen rotator cuff and shoulder musculature
  - Isometrics, theraband, dumbbell, etc

### **Phase III: Strengthening (>10 weeks)**

- Advance shoulder ER range of motion as tolerated (light stretching only)
- Initiate subscapularis strengthening (resisted IR and extension)
- Advance shoulder and rotator cuff strengthening as tolerated
- Incorporate low level functional activities at 3 months
  - Swimming, water aerobics, light tennis, jogging
- Start higher level activities at 4 months
  - Tennis, light weight training, golf
- Initiate functional progression to sports specific activities at 4 months

Modalities per Therapist

Freq: 1-3x/week

Duration: 8-12 weeks

Signature \_\_\_\_\_