



REHABILITATION PROTOCOL:

ORIF PROXIMAL HUMERUS (STABLE TUBEROSITIES)
STABLE PROXIMAL HUMERUS FRACTURE

Patient Name: _____

Date: _____

- Sling:** To be worn for 4-6 weeks.
- 0-2 weeks: Remove only for showering. Use disposable sling when showering.
WEAR THE SLING AT ALL OTHER TIMES.
 - 2-4 weeks: Remove the sling or remove the neck strap when sitting and sleeping if desired.
Support the weight of the arm on a table, cushion or pillow if out of sling.
WEAR THE SLING AT ALL OTHER TIMES
 - 4-6 weeks: You may wean out of the sling inside the home as comfortable.
Normal day to day use of the arm is allowed but do not lift anything heavier than 1kg.
Continue to use the sling outside the home until you feel confident and comfortable.

Information for therapist: Please avoid therapist controlled passive stretching.
Please avoid pendular exercises.
Please avoid pulleys until scapular control is demonstrated with no hitching.
Please take care to avoid tight grip during pulley exercises.
PLEASE CONTACT ME AT ANY TIME TO DISCUSS

0-2 weeks

- Follow the 'Shoulder Rehabilitation 0-2 weeks protocol'

2-6 weeks

- First post-operative visit at two weeks.
- Ice can be discontinued.
- Level 1 & 2 exercises.
- Do not force or stretch.

6-12 weeks

- Second post-operative visit at six weeks. Please organize to have X-rays done before the visit.
- **Please complete your online outcomes scores prior to the visit.**
- Completely discard sling.
- Start Level 3 Scapular Positioning, Range of Motion and Early Strengthening Exercises.
- Progress to Level 3 Advanced Strengthening exercises.

12 weeks – 6 months

- The next post-operative visit is at 12 weeks. Please organize to have X-rays done before the visit.
- **Please complete your online outcomes scores prior to the visit.**
- Start Level 4 exercises.

6 months

- The next post-operative visit is at 6 months. Please organize to have X-rays done before the visit.
- **Please complete your online outcomes scores prior to the visit.**
- Start Level 5 exercises.

12 months

- The next post-operative visit is at 12 months. Please organize to have X-rays done before the visit.
- **Please complete your online outcomes scores prior to the visit.**

Milestones

Work (light duties / office)	1-2	weeks
Swimming (breaststroke)	6-8	weeks
Driving	6-8	weeks
Work (manual)	3-6	months
Swimming (freestyle)	3-4	months
Golf	3-4	months
Contact Sports	6	months
90% of maximum improvement	6	months

Patient Appointment Notes

2 Weeks

6 Weeks

12 Weeks
