



## Indiana University Health

*IU Health Physicians Orthopedics & Sports Medicine*

### **PROXIMAL HUMERUS OPEN REDUCTION INTERNAL FIXATION (ORIF)**

#### **PHYSICAL THERAPY PROTOCOL**

**Bryan M. Saltzman, M.D.**

*Chief, Division of Sports Medicine & Shoulder/Elbow Surgery*

Indiana University Health Physicians

Assistant Professor of Orthopaedic Surgery, Indiana University

Sports Medicine, Cartilage Restoration, Shoulder/Elbow Surgery

IU Health Methodist Medical Plaza North (MSK) – 201 Pennsylvania Pkwy #100,  
Carmel, IN 46280

IU Health Methodist Hospital – 1801 N Senate Ave, Indianapolis, IN 46202  
317-944-9400

[www.bryansaltzmanmd.com](http://www.bryansaltzmanmd.com)

---

**Patient Name:** \_\_\_\_\_ **Date of Surgery:** \_\_\_\_\_

<b><u>Procedure:</u></b> Right / Left    Proximal Humerus ORIF
--

\_\_\_ Evaluate and Treat                      \_\_\_ Provide patient with home program

Frequency: \_\_\_\_\_ x/week    x    \_\_\_\_\_ weeks

\_\_\_ **Phase I (0-1 wk):** *Initial wound healing, provisional fracture consolidation.*



- No formal PT.
- Wear sling at **all** times.
- Maintenance motion at home (Codman shoulder swings, elbow/wrist ROM in sling 2-3 times per day)

\_\_ **Phase II (1-6 wks): Protected PROM (no active motion)**

- Start formal PT
- Sling at all times, except for hygiene/PT.
- Elbow and wrist ROM exercises out of the sling 3x/day
- Supervised PROM within the following limits (based on intra-op security of the repair):
  - a. forward elevation in the scapular plane \_\_\_\_
  - b. IR with arm at side \_\_\_\_
  - c. ER with arm at side \_\_\_\_
  - d. ***Avoid abduction in the coronal plane.***
- Gentle deltoid and periscapular isometric exercises (***avoid isolated rotator cuff contraction until after 8 wks as this may compromise repair***)

\_\_ **Phase III (6 wks – 3 months): Advance motion and gentle strengthening.**

- Discontinue sling if fracture healing adequate
- Light passive stretching at end ranges; begin active-assisted ROM and gradually progress beyond above ROM limits. After 8 wks, may progress to AROM as tolerated.
- Advance deltoid and periscapular isometric strengthening. After 8 wks, may begin light cuff isometrics with arm at side.

\_\_ **Phase IV (3-6 months): Achieve terminal motion and more aggressive strengthening.**

- Terminal passive stretching at end ranges (especially posterior capsule); progress A+AAROM in all planes.
- Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/wk to avoid cuff tendonitis*)**
- @ 4.5 months, begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*) and then progress as tolerated into sports-related rehab and advanced conditioning

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_ would \_\_ would not benefit from social services.**

**Date:** \_\_\_\_\_

\_\_\_\_\_  
**Bryan M. Saltzman, MD**

