

Physical Therapy Prescription

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Hand and Upper Extremity Surgery

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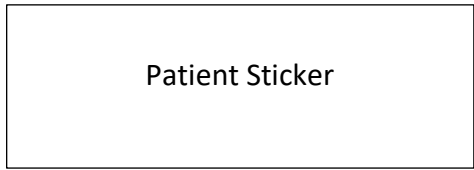
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Proximal Humerus Fracture ORIF Protocol

Surgical Date:

Side: Right Left

Phase	Goals	Precautions	Exercises
Phase 1: Weeks 0 – 4	Edema and pain control Protect Repair	Sling at all times including sleep OK to remove for showers and exercises Avoid weight bearing on arm	Codman and Pendulum Scapular stabilization Supine forward flexion in plane of scapula Elbow, wrist, hand ROM
Phase 2: Weeks 4-12	Increase ROM Shoulder flexion/abduction to tolerance Progressive IR/ER as tolerated	Progress based on healing Avoid forceful pushing/pulling/lifting overhead	Advance scapular stabilization Improve scapulohumeral rhythm below 90° Progress AA/PROM to FF 155°, ABD 135°, ER 45°, ABER 90°, ABIR 45° AROM in the plane of the scapula (supine → standing) Begin ER & IR isometrics Modalities as needed
Phase 3: Weeks 13+	Full ROM Normalize scapulohumeral rhythm throughout ROM Restore strength 5/5	Avoid painful ADL's. / rotator cuff inflammation Avoid excessive passive stretching OK to begin running/cycling	A/AA/PROM no limits Theraband exercises Scapular PREs Advance scapulohumeral rhythm Endurance: upper body ergometer (UBE) Begin resistive strengthening for scapula, biceps, triceps, and rotator cuff once ROM 75%

Treatment: 1-2 2-3 times per week for ___ weeks. Home Program
 Modalities PRN (Ultrasound/ Phonophoresis/E-stim/Ice/Heat)

Physician's Signature: _____

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