

Open Reduction and Internal Fixation of the Proximal Humerus Rehabilitation Protocol

	Range of Motion	Sling	Exercises
Phase 1 0-3 weeks	Pendulums only Shoulder Shrugs Scapular mobility/retractions	Sling with supporting abduction pillow to be worn at all times except for hygiene and therapeutic exercises	Elbow, wrist/hand ROM, Pendulums, Isometric scapular stabilization
Phase 2 3-6 weeks	Passive range only to tolerance. Maintain elbow at or anterior to mid axillary line while supine. Limit internal rotation at 90° to 40° and behind back to T12.	Sling with supporting abduction pillow to be worn at all times except for hygiene and therapeutic exercises	Codman's, elbow/wrist/hand ROM, grip strengthening, isometric scapular stabilization
Phase 3 6-12 weeks	6-8 weeks: gentle passive stretch to 140° of forward flexion, 40° of external rotation at side, and abduction to 60 -80° - increased internal rotation gently at zero to 60° and behind back to mid thoracic spine. 8-12 weeks: increase range of motion to tolerance.	None	6-8 weeks: begin gentle active assistive/active exercises, begin gentle joint mobilizations (Grade I and II), continue with phase one exercises. 8-12 weeks: begin active exercises, begin deltoid and biceps strengthening.
Phase 4 12 weeks – 16 weeks	Progress to full motion without discomfort	None	Continue with scapular strengthening, progress exercises in phase II and III, begin internal/external rotation isometrics, stretch posterior capsule when arm is warmed up.
Phase 5 16 weeks -5 months	Full without discomfort	None	Advanced exercises in phase III, begin sports specific activities, maintain flexibility, increase velocity of motion, return to sport activities.