



**Proximal Humerus Open Reduction and Internal Fixation
Without Rotator Cuff Injury
Therapy Instructions
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1-4 weeks

Incision care:

- Begin scar desensitization/massage at 2-3 weeks as wound allows.

Motion:

- Elbow/Wrist/Hand AROM/AAROM/PROM encouraged immediately.
- Allow AROM to tolerance starting at week 1, AAROM to tolerance starting week 2
- Gentle unweighted PROM starting 2 weeks after surgery
- Begin isometric shoulder strengthening at week 1; no dynamic strengthening.

4-8 weeks

Motion:

- Continue AROM/AAROM/PROM motion exercises.
- Ok to start weighted stretches at 6 weeks in therapy if desired
- Goal is to reach full passive ROM by 8 weeks.
- Begin dynamic shoulder strengthening exercises with up to 5 lbs.
- Transition to home exercise program by 8 weeks

8-12 weeks

Motion:

- Ok incorporate weighted stretches as part of home program at 8 weeks.
- Lifting limits: 10lbs at 8 weeks and 20lbs at 12 weeks

12+ weeks

Gradually return to light activity and exercise as tolerated. There are no further activity restrictions at this time. No further therapy is necessary unless required on a case-by-case basis.