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Rehabilitation Protocol Proximal Humerus ORIF

SLING FOR 2 WEEKS

Week 1:

- Sling
- Unrestricted wrist, hand motion
- No PT first week

Weeks 2-6 :

- Passive and Active Assisted shoulder range of motion—as tolerated
 - Limit external rotation to 30 degrees
 - Limit internal rotation (no reaching behind the back)
- Passive and Active Assisted elbow range of motion—as tolerated

Week 6-12:

- Active shoulder range of motion--full
- Active elbow range of motion--full
- Begin strengthening

RETURN TO ACTIVITIES

Computer	as tolerated
Driving	When no longer taking narcotics
Golf	3 months
Tennis	3 months
Weight training	3 months
Contact Sports	6 months