

Proximal Humerus Fracture/Greater Tuberosity ORIF

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Patient _____
 DOS _____

	0-6 Weeks	6 Weeks – 3 Months	3-6 Months +
PT Visits	2x/wk	2-3x/wk	1-2x/wk, discharge as appropriate
HEP	Everyday	5x/wk	4-5x/wk
Sling	Wear at night 0-6 weeks Wean during day at 2 weeks	Discontinue	
Exercises	PROM & AROM of neck, elbow, wrist, hand (5x/day) Gentle passive pendulum (3x/day) Gentle PROM in all planes ICE: 3-5x/day for 30 minutes after exercises PRECAUTION: Avoid any active shoulder motion weeks 0-4	Continue PROM in all planes Supine Stick ER, Scaption Table Flexion, ER, Abd Pulleys Swiss Ball Roll Standing Stick Flexion, ER, Abd Prone Extension, Rows Scaption, Abd Isometrics (Flexion, Extension, Abd, Add, IR, ER) SA Punches Sideling ER Scapular Retraction Rhythmic Stabs Shoulder Shrugs Standing “I”, “Y”, “T”	Resisted Rows, Extension, IR, ER (tubing, dumbbells) “W” Tubing Resisted PNF D1 & D2 (tubing, dumbbells) Wall Push Ups, Push up Plus Advance strengthening as tolerated, progressing to normal work/sport activities when appropriate