



Proximal Humerus Open Reduction and Internal Fixation Without Rotator Cuff Injury Patient Postoperative Instructions

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0-1 week

Pain medication:

- Use your prescription pain medication as needed to control pain.
- If your arm was numbed (blocked) for the surgery by the anesthesiologist, begin taking pain medication before the block wears off.
- Do not drive or operate machinery while taking narcotic/opioid pain medication.
- Unless you cannot take them for other medical reasons, it is ok to use over-the-counter anti-inflammatory medication (e.g. Advil or Aleve) in addition to your prescription pain medication. Do not take tylenol as your prescription already contains this medication.

Post-op Dressings:

- Keep the dressings and splint in place until your first postoperative visit.
- Ice on-and-off for 20 minutes at a time, will help with swelling and pain.
- Sponge baths will be easier than showering while the postoperative dressing is in place.
- If the dressings get dirty, wet, or come apart you can replace them with a dry gauze.
- You may find it easier to sleep in a reclined position rather than flat.

Motion:

- Start moving your fingers and elbow as soon as possible.
- Wear your sling at all times except for exercises
- You can use your hand for light activity, such as eating, drinking, or using a computer.
- Do not lift, carry, push, or pull anything heavier than a glass of water or can of soda.
- You can begin pendulum exercises in the sling as your symptoms allow

1-4 weeks (First post-op visit)

Post-op Dressings:

- You may remove the dressings and replace them with a new dry dressing as needed.

Motion:

- Therapy will be started for shoulder, elbow, wrist, and hand motion.
- Perform active and active assist internal/external rotation, forward flexion, and abduction (arm to the side) of your shoulder as your symptoms allow.
- Progressive to passive stretches under the direction of your therapist.
- Isometric shoulder strengthening only.
- Continue to avoid lifting, carrying, pushing, or pulling objects heavier than a glass of water.

4-8 weeks (Second post-op visit)

Motion:

- Continue active shoulder motion.
- Advance shoulder stretching exercises with your therapist at 4 weeks.

- Begin light (2-5lbs) resisted shoulder strengthening.
- Transition to a home exercise program by 8 weeks

8-12 weeks

Motion:

- Incorporate weighted stretches at home if you have not reached full range of motion by 8 weeks.
- Advance shoulder strengthening exercises as strength allows: up to 10 lbs at 8 weeks and 20lbs at 12 weeks.

12+ weeks (Third post-op visit)

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