



# 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.