

**Bonnie P. Gregory, MD**  
**Proximal Humerus ORIF**  
**Rehabilitation Protocol**

	<b>Sling</b>	<b>ROM</b>	<b>Exercises/Strength</b>
<i>0-6 Weeks</i>	Sling at all times	Gentle PROM in all planes A/PROM of neck, elbow, wrist, and hand  <b>NO AROM of shoulder</b>	Pendulums, scapulohumeral kinetic exercises
<i>6-12 Weeks</i>	D/C sling use for comfort	PROM and AAROM in all planes as tolerated  Progress to AROM once PROM is achieved	Periscapular strengthening including shoulder shrugs and scapular retraction exercises  Isometric strengthening may begin one ROM is adequate
<i>3-6 Months</i>	No sling	Continue to work to regain full pain free ROM	Once AROM is full, RC strengthening with dumbbells and bands may begin.  Periscapular motion and strengthening
<i>6-9 Months</i>	No Sling		Continue to progress strengthening  Functional exercises

For any questions or concerns regarding the protocol or rehabilitation process please contact

Dr. Gregory's Office:

Phone: 713-486-7080

Fax: 713-452-4143

<https://www.bonniegregorymd.com/>