

## Rehabilitation after Humeral Shaft ORIF

This protocol is intended to provide rough guidelines for clinicians and patients through the post operative course after humeral shaft ORIF. Specific interventions and details should be based on the needs on individual patients. Exam findings as well communications with the operative surgeon and intraoperative findings should always be factored into treatment.

If you have any questions, please do not hesitate to contact Dr. Kazemi.

### Phase I (Week 1-2):

- Focused on protection of repair, healing, and minimizing pain
- No AROM or PROM of the shoulder
- Pendulum exercises
- Elbow, wrist and hand exercises to assist with swelling control
- No active elbow flexion
- Sling to be worn at all times

### Phase II (Week 2-6)

- Focused on protection of repair, healing, and minimizing pain
- Start PROM exercises of the shoulder and elbow
- No AROM, No AAROM of the shoulder or elbow
- Pendulum exercises
- Table slides and pulleys are okay at the discretion of physical therapist and if patient is able to truly perform the exercises passively
- Continue with elbow (supination and pronation), wrist and hand exercises
- Sling to be worn at all times

### Phase III (Week 6-12)

- Focus is still on ROM exercises
- Add AAROM and AROM exercises in addition to working on PROM
- Goal to have progression of motion week by week.
- Sling is discontinued at 6 weeks post op.

### Phase IV (Week 12+)

- Start focusing on strengthening exercises with continued work on ROM exercises
- Patient should be progressed symptomatically
- Can start sports specific training at the discretion of the physical therapist once strength is restored
- Return to sports and high demand activities generally at 20+ weeks
- Full recovery expected at around 12 months