



Proximal Humerus ORIF/Hemiarthroplasty

Phase 0 – Quiet

Week 0:

- Quiet in sling with elbow/wrist/hand
- Begin active scapular retraction/protraction exercises with therapist cueing

Phase 1 – Passive

Week 1-6:

- *Pendulums to warm-up beginning week 5*
- *Passive ROM*
- Supine External Rotation – gradually increase to full by week 12
- Supine Forward Elevation – gradually increase to full by week 12
- Internal Rotation- to begin after 3rd week

Phase 2 – Active

Week 7-10:

- *Pendulums to warm-up*
- *Active Range of Motion with passive stretch to prescribed*
- Supine -> Seated Forward Elevation
- Supine -> Seated External Rotation
- Internal Rotation – gradually increase to full by week 12

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TENNESSEE ORTHOPAEDIC ALLIANCE

Phase 3 – Resisted

Week 11:

- *Pendulums to warm-up and continue with Phase 2*
- External and Internal Rotation
- Standing forward punch
- Seated Rows/Shoulder Shrugs
- Bicep Curls

Week 16: Weight Training

- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- (No military press, pull-down behind head, or wide grip bench)

Return to Activity

Computer	2 months
Golf	4 months (chip and putt only); 6 months full swing
Tennis	5 months

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