

**Mr Mark S. Falworth MBBS FRCS(Eng) FRCS (Orth)**  
**Consultant Orthopaedic Surgeon**  
**Shoulder and Elbow Surgery**

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**Appointments & Queries:**  
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**Physiotherapy protocol: ORIF Proximal Humeral Fracture**

Day 1-14:

- Pendular exercises
- Ensure to active external rotation
- Restrict motion to 100° FE in the scapular plane / 20° ER at side / IR to stomach / 60° ABD
- PROM → AAROM as tolerated
- Heat before/ice after Physio sessions

Weeks 4-6

- Increase AAROM
- Aim for 180° FE / 45° ER at side / 160° ABD / IR behind back to waist

Weeks 6-12:

- Remove sling
- If ROM lacking, increase to full with gentle passive stretching at end ranges
- Also start strengthening scapular stabilisers (traps/rhomboids/lev. scap/etc)
- Strengthening (isometrics/light bands)

Months 3-12:

- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilisers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motion, proprioception and closed chain exercises at 12 weeks.

Comments: