

(PROTOCOL #13) POST-OPERATIVE HUMERUS FRACTURE PROTOCOL

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The following is a set of general guidelines. It is important to remember that each patient is different. The progression of the patient depends on many factors including age and medical health of the patient and physician preferences. Any bracing is discontinued **ONLY UNDER**

DIRECTION OF PHYSICIAN

| PHASE | FUNCTIONAL PROGRESSION/ACTIVITIES | GOALS/RESTRICTIONS |
|--------------------|--|---|
| Post-op to 2 weeks | OT ONLY for ADL modifications ROM hand/elbow, hand putty Modalities as needed Gentle supine stick, external rotation, forward Flexion, CAD, and arm press with stick | DASH questionnaire at time of evaluation and every 4 weeks Decrease pain Increase ROM to WFL *May have a fracture brace on. Inspect fit and adjust if necessary. |
| 3 weeks | All of above including: Internal rotation up back Pendulums, pulley forward flexion and abduction---- Isometrics: deltoids (anterior, middle, posterior) biceps/triceps, scapular shrugs, retract, protract | Percutaneous pinning (Limit abduction within pain limits) |
| 8 weeks | All of above including: AROM UBE | BRACING DISCONTINUED ONLY UPON DIRECTION OF PHYSICIAN |
| 8-10 weeks | All of above including: Theraband exercises 1-2 week period to progress; ever other day to start Start internal/external rotation then add flexion/extension and then abduction 45° arc after 2 weeks can do daily then progress to full arc Manual stretching if healed enough | Return patient to previous functional status. Progress to all 5 planes |
| 10-12 weeks | All of above including: Prone periscapular exercises Functional specific exercises | |

Refer to enclosed table for suggested exercises which optimize muscle function based on EMG activity.

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Approved By:

Physician reserves the right to adjust these protocols for each patient.

Signature: _____ Date: _____
Robert M. Doane, M.D., P.C.

Signature: _____ Date: _____
Balu Pisupati, PT

