Diagnosis: Right Left  ___ Shoulder proximal humerus fracture

DATE OF SURGERY: ________________________________

SURGERY: Right Left ___ ORIF proximal humerus

Treatment Frequency: 1-2x/week for 6 to 8 weeks for therapy

<table>
<thead>
<tr>
<th>Phase</th>
<th>Time</th>
<th>Exercises/Activities/Restrictions</th>
<th>Goals</th>
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</table>
| Early Post op | 0-2 weeks | Rest, ice to affected shoulder  
Continue sling at all times except for bathing  
Physical Therapy  
Passive forward flexion to 120°  
Passive external rotation to 30°  
Scapula isokinetics  
Pendulum exercises  
Avoid active elevation of arm  
Avoid lifting of objects in arm | Pain and swelling control  
Begin passive motion pro-grarn |
| Phase I    | 2-6 weeks | Sling at all times except bathing and sleep-ing  
Physical Therapy  
Passive forward flexion to 120°  
Passive external rotation to 30°  
Scapula isokinetics  
Pendulum exercises  
Avoid active elevation of arm  
Avoid lifting of objects in arm | Healing of rotator cuff/ labrum  
Restoration of passive ROM |
| Phase II   | 6-12 weeks | Discontinue sling  
PT—Phase II  
Modalities for pain control  
Passive/Active ROM  
Biceps/Triceps strengthening  
Scapular stabilization program  
Rotator cuff program when FF > 90 and abduction >90°  
Pulleys OK  
Teach home program | Full ROM  
Beginning rotator cuff strengthening program |
| Phase III  | 12-20 weeks | Continue with aggressive PT  
Modalities for pain control  
Passive/Active ROM  
Biceps/Triceps strengthening  
Scapular stabilization program  
Rotator cuff program with weights  
Pulleys OK  
Teach home program | Full ROM  
Strength to 90% compared to other side |
| Phase IV   | >20 weeks | Advance to sport specific activities | Return to sport specific activities |

Signature
ON THE DAY OF SURGERY:

Ice: Use ice or the cold therapy unit over the shoulder for 15 minutes every 1 to 2 hours to decrease pain and inflammation.

Pain medication: You will be given a prescription for a narcotic for pain control. Begin taking the pain medication as prescribed as soon as you have pain. Do not wait until you are in severe pain before taking them as it takes 30 to 45 minutes to work. You should be able to stop taking the pain medicine within two to three weeks. Avoid taking Tylenol while you are taking the narcotic as they both contain acetaminophen which can be dangerous to your liver in high amounts.

Eating: Begin eating with liquids and light foods (jello, soup, bread). Progress to your normal diet slowly over the 24 hours following surgery. The narcotics can make you nauseous, so take them with food whenever possible.

DAY 1 AND UNTIL POST-OP VISIT:

Dressings: Keep the splint on the surgical site until your first post-operative visit—usually 5-7 days after your surgery. This decreases the risk of post-operative infection.

Bathing: You may bathe after your surgery, but keep the arm elevated and out of the tub, with the dressings completely dry and the bandages on. Do not shower as the dressing will get wet. Once the sutures are removed you may shower or bathe and get the incision wet. No swimming in the poor or ocean until instructed by your surgeon.

Sling: Continue to use the sling until your first post operative visit. You will continue to wear the sling for 6 weeks following surgery to allow for time for the shoulder to heal.

Driving: Do not drive until instructed to do so.

Therapy: You will begin formal physical therapy at 7-10 days following surgery. Contact a local physical therapy provider to begin therapy prior to surgery in order to schedule a physical therapy visit.

It is normal to experience some swelling and bruising in the arm, elbow, and wrist. You may bend the elbow and wrist. This will decrease the amount of swelling that you have in the arm. It is very helpful to keep the arm elevated on 2-3 pillows so that the arm is above the level of the heart while lying down.

Please call the office if you have any of the following:
- Fever greater than 101.5°F
- Continuing drainage from the wound
- Unrelenting pain
- Excessive nausea/vomiting due to pain medication
- ANY other worrisome condition

If you have any questions, please feel free to call our office at 760-247-8462.

First Post Operative Visit: ________________ at ______________________
Please arrive 30 minutes early for x rays.
EXERCISES:

Do these exercises following your shoulder surgery to decrease your pain and swelling and increase your range of motion.

START POST-OPERATIVE DAY 1 (do 5 times a day):

Begin range of motion exercises of the elbow, wrist, and hand immediately, as comfort permits. Straighten and bend the elbow, wrist, and fingers. Do these exercises several times a day so your elbow, wrist, and hand do not get stiff.

**Shoulder shrugs.** Shrug your shoulders up as far as they can go, and hold them there for a count of 5-10 seconds. Lower your shoulders down and then repeat 10 times.

**Scapula Squeeze:** Flex the muscles between your shoulder blades and try and pull your shoulder blades together in the back. Hold your muscles in that position for 5-10 seconds. Relax and then repeat 10 times.

**Ball squeezes.** (Tennis ball or small squeezable ball)

**Elbow Range of Motion:** Remove arm strap of sling. Straighten and bend your elbow as far as you can tolerate. Do this 10 times slowly.

Actively turn your palm up, then down. Do this 10 times to work on hand and wrist rotation.

**Shoulder Range of Motion:** Remove arm strap of sling. Gently, use your non operative arm to lift your arm up; do not lift the elbow higher than your shoulder (90 degree elevation). Again this should be passive motion (you or someone else lifts the arm for you), not active. This will be difficult to do at first, but it will gradually get easier and easier.