2-3 and 4 Part Fractures S/P ORIF
or Hemiarthroplasty for Fracture
Shoulder Rehabilitation
Dr. Levene
(2/2015)

**Phase I**
Passive range of motion
Pendulums to warm up

**Phase II**
Active range of motion with terminal stretch
Pendulums to warm up

**Phase III**
Resisted plus continue Phase II
Pendulums to warm up

*SLING FOR 6 WEEKS*

**Phase I:**
0-6 weeks
Begin immediately post-op
- Begin Phase I in the supine position for elevation and external rotation and progress to upright
- Start internal rotation after 3\textsuperscript{rd} week for 2 part, *after 6\textsuperscript{th} week for hemi or 3 and 4 part fracture

**Phase II:**
6-10 weeks
Begin week 7
- When Phase II is initiated, return to supine for elevation and progress to upright
- Continue external rotation and internal rotation

**Phase III:**
Week 10 forward or begin week 11
Late terminal stretching:
- Hang from door for elevation
- External rotation in door jamb
- Neutral
- 90 degrees abduction
Return to Activities:

- Computer: 2 months
- Golf: 4 months
- Tennis: 5 months