

2-3 and 4 Part Fractures S/P ORIF or Hemiarthroplasty for Fracture Shoulder Rehabilitation

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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 3rd week for 2 part, *after 6th 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

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