

Post-Operative Instructions

Proximal Humerus Open Reduction & Internal Fixation (ORIF)

Day of Surgery

- A. Diet as tolerated.
- B. Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Ice is applied for 20-minute periods on and 20-minutes off. 3-4 times per day. Care must be taken with icing to avoid frostbite. Alternatively, Cryocuff or Game-ready ice cuff can be used as per instructions.
- C. Pain medication as needed every 4-6 hours

First and Second Post-Operative Day

- A. Continue Icing.
- B. Pain medications as needed

Third Post-Operative Day

- A. The dressing will be removed in clinic on your first post-operative visit. Keep it clean and dry. You can shower on the third post-operative day and let soap and water run over the dressing (it is water-proof). Pat the dressing dry after showering. If you see water under the dressing, then you should remove it and place a new dry dressing on top.

Physical Therapy

- A. Physical therapy will begin anywhere between 2 and 6 weeks post-operatively depending on your procedure. This will be specified by your physician post-operatively at your first appointment.

Call our office to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office.



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Rehabilitation Protocol: Proximal Humerus Open Reduction & Internal Fixation (ORIF)

Name: _____ Date: _____

Diagnosis: _____ Date of Surgery: _____

General Guidelines:

- Sling for comfort for 2 weeks post-op, start at home pendulum exercises 3x/day
- No active abduction/external rotation x 6 weeks post op
- No RTC strengthening x 6 weeks post op
- Outpatient PT starts at 2 weeks post op

Phase I (Weeks 0-2)

- Sling for comfort
- Start at home pendulum exercises 3x/day
- No active abduction/external rotation
- No RTC strengthening
- Exercises:
 - PROM of shoulder: flexion to 90 deg, ER to 30 deg, IR to tolerance (no behind back)
 - Scapular Clocks: Elevation, depression, retraction, protraction
 - Pendulums (Codman's)
 - Incision mobilization
 - Cervical, hand, wrist, elbow AROM

Phase II (weeks 2-6)

- Discontinue sling
- No active abduction/external rotation
- No RTC strengthening
- Exercises:
 - Continue exercises as above
 - AAROM: Flexion to 90 deg, ER to 30 deg

Phase III (weeks 6-12)

- No ROM restrictions 6 weeks post-op
- Exercises:
 - Start AROM with no ROM restrictions
 - Pec Minor stretching to minimize scapular protraction with flexion



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Phase IV (weeks 12+)

- No restrictions after 12 weeks.
- Start strengthening.

Comments:

Frequency: ____ times per week

Duration: ____ weeks

Signature: _____

Date: _____