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Dr. Chad Myeroff's Rehabilitation Protocol

Humeral Shaft Fracture – ORIF

Three times per day home exercise program including:

Phase 1: Week 0-6

- Sling as needed for comfort, wean as able
- Elbow, wrist, finger A/AA/PROM
- Shoulder 4-quadrant AAROM
 - OK for wall climbs, table slides, pulleys, supine wand exercises all planes
- Rhomboid and periscapular isometrics, posture exercises
- Weight bear as tolerated for ambulation
 - No lifting > coffee cup overhead

Phase 2: Week 6-12 weeks (following clinical fracture healing)

- Discontinue sling altogether
- Phase I and II rotator cuff strengthening as tolerated
- Periscapular, complete extremity, core strengthening
- No lifting >5# overhead

Phase 3: Week 12-16

- Activities as tolerated
- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment



More info: twincitiesshoulderandelbow.com/humeralshaft/



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