

UCSF Physical Therapy Referral

UCSF Post-Operative Physical Therapy Prescription

Diagnosis: proximal humerus ORIF

Surgery Date: ***

Evaluate and Treat 1-2 times/week for 6-8 weeks. Renew as needed. Please follow the protocol as indicated.

EARLY POST OP (0-2 weeks)

GOALS:

Pain and swelling control

Begin passive motion pro-gram

EXERCISES/RESTRICTIONS:

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

PHASE I (2-6 weeks)

GOALS:

Healing of rotator cuff/ labrum

Restoration of passive ROM

EXERCISES/RESTRICTIONS:

Sling at all times except bathing and PT

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

PHASE II (6-12 weeks)

GOALS:

Full ROM

EXERCISES/RESTRICTIONS:

Discontinue sling

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

PHASE III (12-20 weeks)

UCSF Orthopaedic Institute

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GOALS:

Full ROM

Strength to 90% compared to other side

Beginning rotator cuff strengthening program

EXERCISES/RESTRICTIONS:

Begin cuff strengthening program

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

PHASE IV (>20 weeks)

GOALS:

Return to sport

EXERCISES/RESTRICTIONS:

Advance to sport specific activities

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