
2, 3 or 4 Part Fractures ORIF/Traumatic Hemiarthroplasty

Name: _____ Date: ____ / ____ / ____

Phase 0: Quiet (Weeks 0 to 4)

- Quiet in sling with elbow/wrist/hand
- UltraSling for weeks 0 to 4
- Begin active scapular retraction/protraction exercises with therapist cueing

Phase I: Passive (Weeks 5 to 8)

- Regular sling for weeks 4 to 8
- Pendulums to warm-up beginning week five
- Supine external rotation – 0 to 30 degrees beginning at five weeks with progression to full
- PROM by week eight
- Supine forward elevation – 0 to 90 degrees beginning at five weeks with progression to full
- PROM by week eight
- Progress to upright as tolerated with ER and FE

Phase II: Active (Weeks 9 to 12)

- Pendulums to warm-up
- Active range of motion with **terminal stretch**
- Supine external rotation – after eight weeks progress **gradually** to full
- Supine forward elevation – after eight weeks; progress **gradually** to full
- Begin active biceps
- Internal rotation – full (begin behind the back)
- Begin AROM in supine and progress to upright

Phase III: Resisted (Week 13)

- Pendulums to warm up and continue with Phase II
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs and biceps curls

Return to Activities

- Golf: 5 to 6 months
- Tennis: 7 to 8 months
- Ski: 7 to 8 months