



REHABILITATION GUIDELINES

2-3 AND 4 PART FRACTURES S/P ORIF OR HEMIARTHROPLASTY FOR FRACTURE

**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*

0-6 WEEKS POST-OP

DOS:

Phase 1

Begin immediately post-op

- Begin Phase I in the supine position for elevation and external rotation and progress to upright
- Start internal rotation after 3<sup>rd</sup> week for 2 part, \*after 6<sup>th</sup> week for hemi or 3 and 4 part fracture

6-10 WEEKS POST-OP

DATE:

Phase 2

Begin week 7

- When Phase II is initiated, return to supine for elevation and progress to upright
- Continue external rotation and internal rotation

10+ WEEKS POST-OP

DATE:

Phase 3

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