

Proximal Humeral ORIF

Name: _____

DOB: _____

Dr: Cinque

DOS: _____

Passive ROM RESTRICTIONS

FE: 0-90 x 2 wk
then FROM

ER: 0-30 x 2 wk
then FROM

IR: full

ABD: 0-60 x 2
wk
then FROM

Begin full AROM

4 weeks

Sling

4 weeks

[illegible]