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ORIF GREATER TUBEROSITY FRACTURES PROTOCOL

GENERAL REHABILITATION GUIDELINES

- Tuberosities are repaired and bony healing must occur before stress is applied to rotator cuff tendons

0 to 6 weeks:

- Sling is to be worn for sleep and for the first 4 weeks
- Active and passive range of motion of the neck, elbow, wrist and hand should be performed 5 times/day everyday
- Avoid any active shoulder motion for the first 4 weeks
- Gentle passive pendulum exercises should be started immediately to be performed 3 times a day
- Icing program, 3 to 5 times a day, 30 minutes each after exercises
- Gentle passive shoulder motion in all planes without restrictions
- Please focus on normalizing scapulohumeral kinematics

6 weeks to 3 months:

- Continue all exercises in previous phase (as described above)
- Passive and active assisted ROM exercises in all planes of shoulder motion, as tolerated
- Periscapular strengthening and range of motion exercises should begin including shoulder shrugs and scapular retraction exercises
- Progress to active ROM once passive motion
- Isometric strengthening exercises can begin in this time period once active ROM adequate

3 to 6 months:

- Continue exercises in previous phases (as described above)
- A strong emphasis on periscapular strengthening and range of motion exercises should continue with scapular protraction, retraction, and elevation
- Rotator cuff strengthening exercises (with bands and dumbbells) may begin once active range of motion is full

6 to 9 months:

- Continue exercises in previous phases (as described above)
- Active shoulder girdle, rotator cuff, and periscapular muscle strengthening exercises are the focus of this period with the emphasis to regain full strength. Strengthening exercises should be high repetition, low weights with dumbbells and bands

Discharge Criteria:

- Maximize ROM
- Full independent ADLs
- Normal scapulohumeral