

## ***Humeral Intramedullary Nail Rehabilitation Protocol***

- **Weeks 0-6**
  - Goals: prevent stiffness, decrease swelling/inflammation, and protect rotator cuff
  - Sling for 2 weeks minimum; okay to discontinue after 2 weeks once comfortable
  - Weight bearing/lifting restriction of 5lbs for operative upper extremity
  - Okay to begin immediate use of walker with operative upper extremity, if needed
  - Range of motion limited to 90 deg forward elevation, 45 deg abduction, 30 deg external rotation; okay for passive, active-assist, and active ROM exercises
  - Encourage elbow, wrist, hand ROM and gripping exercises as well
  - Modalities as needed for muscle stimulation, pain control, swelling control
- **Weeks 6-12**
  - Goals: improved swelling and pain, increase ROM, begin strengthening
  - Discontinue sling if not already done
  - Weight bearing as tolerated, no lifting restriction on operative extremity; advance slowly and in moderation
  - Range of motion as tolerated in all planes
  - Okay for periscapular and rotator cuff strengthening in gradual manner
  - Emphasize importance of home exercise program
  - Modalities as needed for muscle stimulation, pain control, swelling control
  - Okay for hydro/aquatic therapy if available
- **Weeks 12+**
  - Goals: increase strength, return to work, sport, and/or pre-injury functional level with minimal to no restrictions
  - Continue to improve ROM, if needed
  - Continue to develop strength in all planes
  - Work on improving functional/ADL tasks as needed
  - Functional/work-specific/sport strengthening and training, if applicable
  - Customized HEP to continue once PT/OT is completed

