

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
 - 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

