

Humeral Shaft Fracture Rehab Protocol - Nonoperative

Office Visits:

- 1w, 6w, 12w, more as needed

Xrays:

- Will be done at each visit

Physical therapy:

- Therapy prescription will be provided at your 1-week appointment.

Weeks 0-1:

Sling	• Sling or coaptation splint at all times except for hygiene
Weight Restrictions	• < 1 lb (phone, toothbrush, etc)
Range of Motion	• No shoulder motion
Exercises	• Ok to come out of sling for hand, wrist, and elbow motion

Weeks 1-6:

Brace	• Sling exchanged for Sarmiento brace – to be worn at all times except during hygiene
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) ○ May begin using arm for daily activities in front of body (i.e. computer/desk work)
Range of Motion	• Start pendulum swings • Start passive and active-assist shoulder motion to tolerance
Exercises	• Work on ROM exercises for elbow and shoulder

Weeks 6-12:

Brace	• Sarmiento – to be worn at all times except during hygiene
Weight Restrictions	• < 1 lb (phone, toothbrush, etc)
Range of Motion	• Start active shoulder motion to tolerance
Exercises	• Continue to work on motion exercises

Months 3+:

Brace	• Discontinue Sarmiento when fracture healed on xray
Weight Restrictions	• < 10lbs: if fracture not healed yet • Progressive strengthening without limits: if fracture healed
Range of Motion	• Full motion
Exercises	• Continue motion and start strengthening exercises