

Proximal Humerus Fracture Rehab Protocol - Nonoperative

Office visits:

- 2w, 6w, 12w, 6m

Xrays:

- Will be done at each visit

Physical therapy:

- Therapy prescription will be provided at your 2-week appointment.

Home exercise program (HEP):

- These are a guide for you and the physical therapist; physical therapist may add exercises as necessary

Weeks 0-2:

Sling	• Sling at all times except during hygiene and home exercises
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) • No strengthening
Range of Motion	• No shoulder motion except as needed during exercises
Exercises	• Shoulder Phase I Home Exercise Program
Misc	• Ice 3-4x/day with ice packs on towel over shoulder

Weeks 2-6:

Sling	• Continue sling except during hygiene and exercises
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 progressive passive and active-assist shoulder motion ◦ Flexion: < 90 deg (hand to about shoulder height) ◦ Abduction (away from body): < 90 deg (hand to about shoulder height) ◦ External rotation: < 30 deg ◦ Internal rotation: unrestricted in front of body
Exercises	• General Shoulder Phase II Home Exercise Program – Scapular stabilization
Misc	• Ice 3-4x/day with ice packs on towel over shoulder

Weeks 6-12:

Sling	• None
Weight Restrictions	• < 5 lb
Range of Motion	• Start active ROM without limits
Exercises	• General Shoulder Phase III Home Exercise Program – Scapular stabilization + isometric exercises

Months 3+:

Sling	• None
Weight Restrictions	• Progressive strengthening without limits
Range of Motion	• Full motion
Exercises	• General Shoulder Phase IV Home Exercise Program – Scapular and shoulder strengthening