

Rehabilitation Protocol for Proximal Humerus Fracture



Dr. Feinstein

Phase 1: 0-2 Weeks Post-operatively

- Sling: wear at all times except for hygiene (bathing) and pendulum exercises
- Range of motion: elbow, wrist, and hand, including grip strengthening
- Begin pendulum exercises of the shoulder
- Modalities: ice

Phase 2: 2-5 Weeks Post-operatively

- Sling: wean out of sling gradually with goal of discontinuing at 5 to 6 weeks post-operatively
- Range of motion: begin passive ROM exercises with very gentle stretching at end ranges
 - No resisted shoulder ROM until 8 weeks post-op
- Teach home exercise program
- Scapular retraction/depression, postural correction
- Modalities: heat before PT, ice after PT, other modalities as needed

Phase 3: 5-12 Weeks Post-operatively

- Range of motion: begin active ROM, advance ROM as tolerated to full
 - Light passive stretching at end ranges
- Begin strengthening & resisted motion at 8 weeks post-op
 - Isometric rotator cuff strengthening with arm at side at 8 weeks post-op
- Begin scapular exercises, progressive resistance exercises (PRE's) for large muscle groups (pecs, lats, etc.)

Phase 4: 3-12 Months Post-operatively

- Range of motion: return to full ROM
- Advance strengthening as tolerated – isometrics → bands → light weights (1-5 lb)
 - Strengthening no more than 3 times a week to avoid rotator cuff tendinitis
- Teach home flexibility & exercise program
- Sport- or vocation-specific rehabilitation

If you have any problems or questions, please call your doctor's office (8am-5pm).

Answering service for after hours.

8200 MEADOWBRIDGE ROAD
MECHANICSVILLE, VA 23116
P 804.730.2121 | F 804.730.0563
ORTHOVIRGINIA.COM