

## Proximal Humerus Fracture Rehabilitation Protocol

	Range of Motion	Immobilizer	Exercises
<b>Phase 1</b> 0-2 weeks	Elbow/Wrist/Hand ROM  Codman's Pendulums only for shoulder ROM	Worn at all times (day and night)  Off for gentle exercise only	Grip strengthening, gentle pendulum exercises Active wrist/hand ROM at home Gentle elbow ROM Limit ER 30° passive  <b>No resistance until 12 weeks post-op</b>
<b>Phase 2</b> 2-6 weeks	Progress gentle passive ROM with flexion limit to 130°, internal rotation to belly, external rotation to 30°	Sling weaned 4-6 weeks (per MD discretion)	Grip strengthening, pendulum exercises Elbow/wrist/hand ROM ok Gentle passive ROM with limits noted at left  <b>No resistance until 12 weeks post-op</b>
<b>Phase 3</b> 6-12 weeks	Progress ROM as tolerated beginning with gentle passive and active assist  Progress to active ROM as tolerated	None	Progress to full motion without discomfort with progression noted at left  <b>No resistance until 12 weeks post-op</b>
<b>Phase 4</b> 3-12 months	Range of motion as tolerated	None	Begin resisted IR/BE (isometrics/bands): isometrics with light bands and weights  Advance strengthening as tolerated; 10 repetitions/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.  Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.  Progress strengthening and maximize scapular stabilization

### Postoperative Management Summary:

- NWB, Ultrasling x 4-6 weeks except for gentle passive ROM (flexion in scapular plane, no ER beyond 30 deg, no extension, no active IR/ER)
- Active hand/wrist/elbow ROM ok immediately
- DC sling at 4-6 weeks and progress PT with unlimited PROM/AROM but no resistance
- Resistance can begin at 3 months
- Clinic f/u @ 1-2 weeks, 4-6 weeks, 3 months, 6 months, 1 year