

Proximal Humerus Fracture Rehabilitation Protocol (Conservative)

	Range of Motion	Immobilizer	Exercises
Phase 1 0-6 weeks	Elbow/Wrist/Hand ROM Codman's Pendulums only for shoulder ROM	0-6 weeks: Worn at all times (day and night) Off for gentle exercise only	Grip strengthening, gentle pendulum exercises Active wrist/hand ROM at home Limit ER 30° passive PROM for elbow flexion No resistance until 12 weeks post-op
Phase 2 6-12 weeks	Progress ROM as tolerated beginning with gentle passive and active assist Progress to active ROM as tolerated	None	Progress gentle ROM No resistance until 12 weeks post-op
Phase 3 3-12 months	Progress to full motion without discomfort	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 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 6 weeks and progress PT with unlimited PROM/AROM but no resistance
- Resistance can begin at 3 months
- Clinic f/u @ 1-2 weeks, 6 weeks, 3 months, 6 months, 1 year