

PROXIMAL HUMERUS FRACTURE REHABILITATION PROGRAM

(TO BE GIVEN TO PHYSICAL THERAPIST)

	RANGE OF MOTION	SLING	THERAPEUTIC EXERCISE
PHASE I: 1-3 WEEKS POST-OP	<ul style="list-style-type: none"> Restore PROM (as tolerated) No AROM against gravity yet 	<ul style="list-style-type: none"> Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night. 	<ul style="list-style-type: none"> Codman's Pendulums Scapular sets, shoulder shrugs, retraction/protraction Towel slides ER with broom handle Supine Active Assisted flexion Elbow, wrist, hand ROM Ball squeezes For Biceps Tenodesis: <ul style="list-style-type: none"> No Active elbow flexion until 3 weeks (AAROM ok)
PHASE II: 3-6 WEEKS POST-OP	<ul style="list-style-type: none"> Progress PROM Pool Therapy if available for AAROM (pool is the assistance) Goal to avoid post-operative stiffness 	<ul style="list-style-type: none"> Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night. 	<ul style="list-style-type: none"> Continue Phase I ROM exercises Supine AAROM Pulley exercises Light scapular strengthening (retraction/protraction) , shoulder shrugs, scapular setting Gentle joint mobilization and soft tissue mobilization For Biceps Tenodesis: <ul style="list-style-type: none"> Begin active elbow flexion against gravity, no strengthening until 8 weeks
PHASE III: 6-12 WEEKS POST-OP	<ul style="list-style-type: none"> Progress to full ROM without discomfort 	<ul style="list-style-type: none"> Transition away from sling 	<ul style="list-style-type: none"> Stretching, mobs, ROM exercises NO ROTATOR CUFF RESISTANCE EXERCISES Progress supine to seated to standing AAROM Progress pool based AAROM if available Progress to full AROM against gravity

<p>PHASE IV: 12-24 WEEKS POST-OP</p>	<ul style="list-style-type: none"> • Full AROM without discomfort 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Begin light theraband resistance exercises for the rotator cuff when able to elevate arm against gravity without scapula hiking • Begin strengthening for lats, biceps/triceps, pecs, rhomboids, deltoids • Progress with theraband exercises slowly to tolerance • Begin to add sport and job specific activities
<p>PHASE V: 6-8 MONTHS POST-OP</p>	<ul style="list-style-type: none"> • Full ROM without discomfort 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • If cleared by Dr. Roth, may now be able to return to: <ul style="list-style-type: none"> • Weight Training • Skiing • Golf • Basketball • Manual Labor
<p>PHASE VI: 8+ MONTHS POST-OP</p>	<ul style="list-style-type: none"> • Full ROM without discomfort 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • If cleared by Dr. Roth, may now be able to return to: <ul style="list-style-type: none"> • Throwing Sports • Tennis • Volleyball