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## HUMERUS/SCAPULA FRACTURE REHABILITATION PROTOCOL

<p><b>PHASE 1 – Early Motion (0-5 weeks)</b></p>	<p><b>Weeks 0-2 Early Recovery</b></p> <ol style="list-style-type: none"><li>1. Sling at all times except hygiene and exercise</li><li>2. Hand, wrist, elbow and neck ROM</li><li>3. Grip and wrist strengthening</li><li>4. Codman exercises (pendulums)</li><li>5. Modalities as needed for pain relief</li></ol> <p><b>Weeks 3-5 Passive Motion</b></p> <ol style="list-style-type: none"><li>1. Codman exercises (pendulums) circles in and out</li><li>2. Soft tissue mobilizations</li><li>3. Supine ER with a stick to 30°</li><li>4. Supine Flexion to 90° (support elbow on folded towel with shoulder in 15 deg abduction)</li><li>5. Scapular stabilization (retractions and clocks)</li></ol> <p><b>May begin AAROM when pain diminishes after week 3</b></p> <ol style="list-style-type: none"><li>1. Continue above</li><li>2. Gentle AAROM flexion to 120°</li><li>3. Begin pulley for flexion to tolerance</li></ol>
<p><b>PHASE 2 – Active motion phase (6-12 weeks)</b></p>	<p><b>Establish full PROM</b></p> <p><b>Begin AROM (Weeks 6-8)</b></p> <ol style="list-style-type: none"><li>1. Supine flexion to patient tolerance</li><li>2. Progress to seated or standing flexion with stick</li><li>3. Seated flexion with elbow bent and arm close to body</li><li>4. form ER and ABD with hands behind head</li><li>5. Sidelying (pain-free) ER</li><li>6. Serratus punches</li></ol> <p><b>Begin Extension and IR</b></p> <p><b>Begin multi-angle isometrics</b></p> <p><b>Continue PROM and gentle patient self stretching (Weeks 7-8)</b></p> <ol style="list-style-type: none"><li>1. Flexion: hand on wall or top of door</li><li>2. ER: hold onto door jam and twist</li><li>3. IR: use good arm to pull affected arm into IR</li></ol> <p><b>Early Resisted ROM (Weeks 8-10)</b></p> <ol style="list-style-type: none"><li>1. Theraband for IR, ER, flexion, abd, extension</li><li>2. Begin supine IR, ER with 1lb. weight (pain free)</li><li>3. Begin UBE with no resistance</li><li>4. Prone ext and abd (pain free)</li><li>5. Progress to adding weight to above exercises if pain free</li></ol>

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	6. Biceps/triceps strengthening
<b>PHASE 3</b> – Aggressive stretching and strengthening phase (beginning week 12)	<ol style="list-style-type: none"><li>1. Isotonic strengthening with weights all directions</li><li>2. Increase theraband or use rubber tubing</li><li>3. Increase stretches on door and add prone stretching</li><li>4. Begin functional or sport activity for strength gain</li></ol>