

## Proximal Humerus Fracture Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p><b>Phase 1 (0-2 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Pain control</li> <li>● Elbow ROM</li> <li>● Decrease swelling</li> </ul>	<p>Sling x 4 weeks</p>	<ul style="list-style-type: none"> <li>● Codman shoulder pendulums</li> <li>● PASSIVE ROM: FE 0-90, Abd 0-60, ER 0-30</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● GameReady</li> <li>● Edema control</li> </ul>	<ul style="list-style-type: none"> <li>● Neck, elbow, wrist ROM</li> <li>● Scapular retraction and depression</li> <li>● Pendulums</li> <li>● Passive ROM</li> </ul>
<p><b>Phase 2 (2-6 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Pain control</li> <li>● Progress ROM</li> </ul>	<p>Sling x 4 weeks</p> <p>Still no weightbearing (may use arm for hygiene, dressing, meals)</p>	<ul style="list-style-type: none"> <li>● Progress to full PASSIVE ROM at 4 weeks</li> <li>● Begin Active Assist ROM at 4 weeks</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● Gentle Massage</li> <li>● Cryotherapy</li> </ul>	<ul style="list-style-type: none"> <li>● Continue neck, elbow, hand ROM</li> <li>● Continue pendulums</li> <li>● Active Assist ROM ER and IR, FE and Scaption</li> <li>● Isometrics ER and IR, Biceps and Triceps</li> <li>● Starting week 6 - Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER</li> </ul>
<p><b>Phase 3 (7-12 weeks)</b></p>		<ul style="list-style-type: none"> <li>● Continue working for full PROM</li> </ul>	<ul style="list-style-type: none"> <li>● Isometrics: internal and external rotation, biceps and triceps</li> </ul>

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<p>Goals:</p> <ul style="list-style-type: none"> <li>• Continue to work for full PROM</li> <li>• Progress to full AROM</li> </ul>	<p>5 pound weightbearing restriction starting week 4 for 6 weeks</p>	<ul style="list-style-type: none"> <li>• May begin AROM</li> </ul> <p>Manual</p> <ul style="list-style-type: none"> <li>• Push to get full PROM</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>• Ice/stim PRN</li> </ul>	<ul style="list-style-type: none"> <li>• Sidelying external rotation, salutes, prone extension and horizontal abduction</li> <li>• Punches with a plus</li> <li>• Prone lower trap</li> <li>• Closed chain stability</li> <li>• Endurance <u>starting week 10</u>: IR and ER, theraband rows, bicep curls, tricep extension</li> </ul>
<p><b>Phase 4 (13-18 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>• Maintain full AROM</li> <li>• Muscular Strength</li> </ul>	<p>Increase from 5 pound weightbearing restriction</p>	<ul style="list-style-type: none"> <li>• Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>• External rotation strengthening at 45 and 90 degrees</li> <li>• Bear hugs</li> <li>• Statue of liberty</li> <li>• Push-up plus progression</li> </ul>
<p><b>Phase 5 (18+ weeks)</b></p> <ul style="list-style-type: none"> <li>• Normalizing everyday use.</li> </ul>	<p>Restrictions lifted</p>	<ul style="list-style-type: none"> <li>• Continue Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>• PNF exercises with resistance</li> <li>• Decelerations and plyometric external rotation</li> <li>• <u>24 weeks</u> - Progress to sport-specific and overhead activities</li> </ul>