REHABILITATION GUIDELINES FOR PROXIMAL HUMERUS FRACTURE (NON-OPERATIVE)

PHASE I (1-3 WEEKS) DATES:

Appointments	No PT for 3 weeks, unless otherwise specified by MD
Rehabilitation Goals	• Modalities to control pain and swelling • Protect fracture site • Maintain ROM in surrounding joints • Prevent deconditioning
Precautions	• ROM and WB'ing limitations per MD • Sling at all times x 3 weeks (or per MD) • No cuff strengthening
Suggested Therapeutic Exercises	• AROM cervical, elbow, wrist and hand • Scapular clocks, shrugs, pinches, PNF • Pendulums
Cardiovascular Exercises	• Bike in sling, walking on treadmill in sling
Progression Criteria	• X-ray evidence of healing • Clearance from MD to begin PT

PHASE II (3-6 WEEKS) DATES:

Appointments	• Begin physical therapy at 3 weeks post injury if cleared by MD • Physical therapy 1-2 x/week
Rehabilitation Goals	• Regain full ROM • Restore GH and scapula-thoracic rhythm • Minimize deconditioning • Modalities to control pain and swelling

(Phase II continued) Precautions	• DC sling x 3 weeks if cleared by MD • AAROM to 90 degrees forward flexion and 40 degrees ER
Suggested Therapeutic Exercises	• AROM cervical, elbow, wrist and hand • Pendelums • Gripping exercises • Scapular PNF • Progress to full PROM all planes • Supine AAROM for flexion (90 degrees), ER (40 degrees) and hyperextension. • Submaximal RTC isometrics in neutral for IR, ER, EXT and ABD
Cardiovascular Exercises	• Treadmill, bike
Progression Criteria	• X-ray evidence of healing • Full PROM

PHASE III (6-8 WEEKS) DATES:

Appointments	Continue physical therapy 1-2 x/week
Rehabilitation Goals	• Restore full AROM • Increase strength
Precautions	• Allowed full PROM, AAROM and AROM without substitution
Suggested Therapeutic Exercises	• Begin with supine AROM flexion, no weights; progress to weights • Standing wand assisted flexion • Pulleys with eccentric lowering of involved arm • Progress all other AROM, supine first then standing • PNF
Cardiovascular Exercises	• Bike, treadmill, light jogging/swimming (if cleared by MD)
Progression Criteria	• Full AROM

PHASE IV (10+ WEEKS) DATES:

REHABILITATION GUIDELINES FOR PROXIMAL HUMERUS FRACTURE (NON-OPERATIVE)

Appointments	Continue physical therapy 1-2 x/week
Rehabilitation Goals	• Increase RTC strength • Restore scapula-humeral rhythm
Precautions	• None
Suggested Therapeutic Exercises	• Posterior capsule stretching if indicated • Isotonic exercises for RTC, scapular muscles • PNF • Theraband rows, ER, IR, shoulder extension • Progressive strengthening program using bands, light dumbbells for RTC, deltoid and scapula • Prone scapular strengthening (T's, Y's, W's) • Begin overhead exercises (if no impingement): - ball taps - Total Gym pull ups
Cardiovascular Exercises	• No restriction unless directed by MD
Progression Criteria	• DC to HEP

References:

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Kaar, Scott, M.D., Mitchell, William, M.D., Verry, Christian, M.D. St. Louis University Care Physician Group Department of Orthopedic Surgery Sports Medicine and Shoulder Service. *Proximal Humerus Fracture Nonoperative Protocol Prescription.* Retrieved from http://www.slu.edu.

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