**Rehabilitation Protocol**

**Non-Operative Proximal Humerus Fracture**

**Phase I – Early Motion Phase (0 - 5 weeks)**

**Week 1: Early Passive Motion**

* Wear the sling at all times except to exercise
* Hand, wrist, elbow, and cervical AROM
* Grip and wrist strengthening
* PROM: supine Flexion to 90\* and ER (very gentle)
* Modalities as needed for pain relief or inflammation reduction

**Week 2**

* Apply hot packs 10 minutes before exercising
* Begin pendulum (Codman) exercises with circles in and out
* Soft tissue mobilization
* Supine ER with a stick to 30\*
  + Support elbow on a folded towel with shoulder in 15∞ ABD
* Scapular Stabilization
  + Scapular clocks
  + Scapular retractions (**no shoulder extension**)

**Week 3 – 5: (begin AAROM when pain diminishes and pt is less**

**apprehensive)**

* Continue all above exercises
* Begin gentle AAROM flexion to 140\* if clinical situation is stable
  + Supine Cane flexion
  + Supine AAROM with therapist assistance or with hands clasped
* Begin pulley for flexion to tolerance
* Begin submaximal isometrics ER, and flex (**week 3 – 4**)
* Begin flexion and ABD on slide board or table to tolerance

**Phase II – Active Motion Phase (Weeks 6 – 12)**

**Week 6 – 8: AROM**

* Establish full PROM
* Begin AROM
  + Supine flexion to patient tolerance
  + Progress to seated (or standing) flexion with a stick
  + Seated flexion with elbow bent and arm close to the body
  + Perform ER and ABD with hands behind head
  + Sidelying ER (**pain-free**)
  + Serratus Punches
* Begin Extension and IR: (PROM, AROM and Isometrics)
* Begin multi-angle isometrics
* Continue PROM and begin gentle patient self stretching (**week 7–8**)
  + Flexion: put hand on wall or top of door
  + ER: hold onto door jam and twist
  + IR: use good arm to pull affected arm into IR

**Week 8 – 10: Early Resisted ROM**

* Begin Theraband for IR, ER, flexion, ABD, and extension
* Begin supine IR, ER with 1# (arm supported at 15∞ ABD) (**pain-free**)
* Begin UBE with no resistance
* Prone Ext and ABD (**pain-free**)
* Progress to adding weight to above exercises **only if pain-free**
* Biceps / Triceps strengthening with dumbbells

**Phase III – Aggressive Stretching and Strengthening Phase (beginning week 12)**

* Isotonic strengthening with weights all directions
* Increase TheraBand or use rubber tubing
* Increase stretches on door and add prone stretches
* Begin functional or sport activity for strength gain

**RETURN TO ACTIVITIES**

Computer 3-4 weeks

Driving When no longer taking narcotics

Elliptical 1 months

Jogging 2 months

Golf (Chip & Putt) 2 months

Tennis (no overhead) 3 months

Weight training 3-4 months

Skiing 4 months

Swimming 4 months

Golf (Irons & Driver) 4-5 months

Tennis (with overhead) 4-5 months

Contact Sports 6 months

Overhead Throwing 6 months

\*\*Heavy overhead lifting (military press), pull-down behind head, wide grip bench and dips are discouraged.