

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	<ul style="list-style-type: none"> • Modalities to control pain and swelling • Protect fracture site • Maintain ROM in surrounding joints • Prevent deconditioning
Precautions	<ul style="list-style-type: none"> • ROM and WB'ing limitations per MD • Sling at all times x 3 weeks (or per MD) • No cuff strengthening
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • AROM cervical, elbow, wrist and hand • Scapular clocks, shrugs, pinches, PNF
Cardiovascular Exercises	<ul style="list-style-type: none"> • Bike in sling, walking on treadmill in sling
Progression Criteria	<ul style="list-style-type: none"> • X-ray evidence of healing • Clearance from MD to begin PT

PHASE II (3-6 WEEKS)

DATES:

Appointments	<ul style="list-style-type: none"> • Begin physical therapy at 3 weeks post injury if cleared by MD • Physical therapy 1-2 x/week
Rehabilitation Goals	<ul style="list-style-type: none"> • Regain full ROM • Restore GH and scapula-thoracic rhythm • Minimize deconditioning • Modalities to control pain and swelling

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(Phase II continued) Precautions	<ul style="list-style-type: none"> DC sling x 3 weeks if cleared by MD AAROM to 90 degrees forward flexion and 40 degrees ER
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Treadmill, bike
Progression Criteria	<ul style="list-style-type: none"> X-ray evidence of healing Full PROM

PHASE III (6-8 WEEKS)

DATES:

Appointments	Continue physical therapy 1-2 x/week
Rehabilitation Goals	<ul style="list-style-type: none"> Restore full AROM Increase strength
Precautions	<ul style="list-style-type: none"> Allowed full PROM, AAROM and AROM without substitution
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Bike, treadmill, light jogging/swimming (if cleared by MD)
Progression Criteria	<ul style="list-style-type: none"> Full AROM

PHASE IV (10+ WEEKS)

DATES:

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Appointments	Continue physical therapy 1-2 x/week
Rehabilitation Goals	<ul style="list-style-type: none"> Increase RTC strength Restore scapula-humeral rhythm
Precautions	<ul style="list-style-type: none"> None
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> 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): <ul style="list-style-type: none"> - ball taps - Total Gym pull ups
Cardiovascular Exercises	<ul style="list-style-type: none"> No restriction unless directed by MD
Progression Criteria	<ul style="list-style-type: none"> DC to HEP

References:

Godges, Joe, DPT, MA, OCS. Loma Linda University and University of Pacific Doctorate in Physical Therapy Programs. *Nonoperative and Postoperative Rehabilitation*. Retrieved from <https://xnet.kp.org>.

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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