

PHYSICAL THERAPY PROTOCOL PROXIMAL HUMERUS FRACTURE

PROCEDURE

Date of Surgery/Injury: _____ R L [] ORIF Proximal Humerus Fracture [] Proximal Humerus Fracture
– Non-operative Treatment

PLAN

Physical Therapy for R L Shoulder 1-2x per Week x 16 Weeks

Rehab appointments begin 4 weeks after surgery

GENERAL GUIDELINES

Goal: Regain full pain-free ROM and strength of shoulder and prevent elbow and wrist stiffness.

Please read and follow guidelines below. Progression is both criteria-based and patient specific. Phases and time frames are designed to give the clinician a general sense of progression. Phases and time frames are designed to give the clinician a general sense of progression. Concomitant injuries may alter the guidelines.

Follow physician's modifications as prescribed

PHASE I - 0-6 weeks

RANGE OF MOTION

- **0-4 weeks:** None
- **4-6 weeks:** begin PROM - Limit flexion to 90°, external rotation to 45°, extension to 20°

IMMOBILIZER

0-4 weeks:

- Immobilized at all times day and night
- Off for hygiene and gentle exercise only

EXERCISES

- **0-4 weeks:** elbow/wrist ROM, grip strengthening at home and pendulums only
- **4-6 weeks:** begin PROM activities – Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; closed chain scapula

PHASE II 6-12 weeks

RANGE OF MOTION

- Begin active/active assistive ROM, PROM to tolerance
- **Goals:** Full extension rotation, 135° flexion, 120° abduction

IMMOBILIZER

- None

EXERCISES

- Continue Phase I work; begin active assisted exercises, deltoid/rotator cuff isometrics at 8 weeks
- Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff*

PHASE III 12-16 weeks

RANGE OF MOTION

- Gradual return to full AROM

IMMOBILIZER

- None

EXERCISES

- Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization
- Begin muscle endurance activities (upper body ergometer)
- Aggressive scapular stabilization and eccentric strengthening
- Cycling/running okay at 12 weeks or sooner if given specific clearance

PHASE IV 4-5 months

RANGE OF MOTION

- Full and pain-free

IMMOBILIZER

- None

EXERCISES

- Maintain ROM and flexibility
- Progress Phase III activities, return to full activity as tolerated