

PROXIMAL HUMERUS FRACTURE REHABILITATION PROGRAM

(TO BE GIVEN TO PHYSICAL THERAPIST)

	RANGE OF MOTION	SLING	THERAPEUTIC EXERCISE
PHASE I: 1-3 WEEKS POST-OP	<ul style="list-style-type: none"> • Restore PROM (as tolerated) • No AROM against gravity yet 	<ul style="list-style-type: none"> • Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night. 	<ul style="list-style-type: none"> • Codman's Pendulums • Scapular sets, shoulder shrugs, retraction/protraction • Towel slides • ER with broom handle • Supine Active Assisted flexion • Elbow, wrist, hand ROM • Ball squeezes • For Biceps Tenodesis: <ul style="list-style-type: none"> ○ No Active elbow flexion until 3 weeks (AAROM ok)
PHASE II: 3-6 WEEKS POST-OP	<ul style="list-style-type: none"> • Progress PROM • Pool Therapy if available for AAROM (pool is the assistance) • Goal to avoid post-operative stiffness 	<ul style="list-style-type: none"> • Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night. 	<ul style="list-style-type: none"> • Continue Phase I ROM exercises • Supine AAROM • Pulley exercises • Light scapular strengthening (retraction/protraction), shoulder shrugs, scapular setting • Gentle joint mobilization and soft tissue mobilization • For Biceps Tenodesis: <ul style="list-style-type: none"> ○ Begin active elbow flexion against gravity, no strengthening until 8 weeks
PHASE III: 6-12 WEEKS POST-OP	<ul style="list-style-type: none"> • Progress to full ROM without discomfort 	<ul style="list-style-type: none"> • Transition away from sling 	<ul style="list-style-type: none"> • Stretching, mobs, ROM exercises • NO ROTATOR CUFF RESISTANCE EXERCISES • Progress supine to seated to standing AAROM • Progress pool based AAROM if available • Progress to full AROM against gravity

<p>PHASE IV: 12-24 WEEKS POST-OP</p>	<ul style="list-style-type: none"> • Full AROM without discomfort 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Begin light theraband resistance exercises for the rotator cuff when able to elevate arm against gravity without scapula hiking • Begin strengthening for lats, biceps/triceps, pecs, rhomboids, deltoids • Progress with theraband exercises slowly to tolerance • Begin to add sport and job specific activities
<p>PHASE V: 6-8 MONTHS POST-OP</p>	<ul style="list-style-type: none"> • Full ROM without discomfort 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • If cleared by Dr. Roth, may now be able to return to: <ul style="list-style-type: none"> • Weight Training • Skiing • Golf • Basketball • Manual Labor
<p>PHASE VI: 8+ MONTHS POST-OP</p>	<ul style="list-style-type: none"> • Full ROM without discomfort 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • If cleared by Dr. Roth, may now be able to return to: <ul style="list-style-type: none"> • Throwing Sports • Tennis • Volleyball