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PATIENT NAME:

DATE OF INJURY:

Physical Therapy ORDER – Proximal Humerus Fracture Nonoperative

Phase 1

(Weeks 2-4)

Cervical, elbow and wrist ROM

Pendulum exercises

Arm in sling at all times except for exercises and bathing; includes sling at night (sleeping in recliner chair optimal);

Discontinue sling around 3-4 weeks

Phase 2

(Weeks 5-8)

Begin self-assisted forward elevation to 90° and progress in 20° increments per week

May use pulleys

Begin self-assisted ER with progressive return to full in 20° increments per week

IR in scapular plane as tolerated (No IR behind back)

Lower extremity aerobic conditioning

Modalities to decrease pain and inflammation

Cryotherapy as necessary

Phase 3:

(Weeks 9-12)

Progressive return to full forward elevation and external rotation

May begin posterior capsular stretching program

May begin IR behind back

Begin anterior chest wall stretches (pectoralis minor)

Instruct in home program and begin submaximal isometrics in flexion, abduction, IR, ER and extension Add progressive isotonic with low resistance, high repetitions as tolerated

Emphasize anterior deltoid strength and scapular stabilization

Emphasize upper trapezius, serratus anterior force couple rehabilitation to create stable scapular base Assess for and correct compensatory movement patterns

Continue aerobic conditioning

Phase 4:

(> Week 12)

Progressive return to full motion in all planes

Emphasize posterior capsule stretching, Maintenance home flexibility program

Continue rotator cuff and scapular strengthening program

Progressive increase in resistance as strength improves

Recreation/vocation specific rehabilitation