

**Dr. Myeroff's Proximal Humerus Fracture Non-Operative Rehabilitation Protocol:**

- Although the timing will vary depending on your treatment chosen, I recommend a similar rehab protocol for all proximal humerus fractures. This helps you and your therapist stay on track for a timely recovery.
- Phase I (usually 0-3 weeks)
  - Goals:
    - Pain control
    - Minimize fracture displacement
      - Treat the shoulder like a wet noodle.
        - Avoid reaching, grabbing, pushing, pulling with the injured arm.
      - Wear your sling full time except for showers and therapy exercises for 6 weeks.
    - Swelling control
      - To combat this, I recommend:
        - Compressive stockings
        - Routine elbow/wrist/finger motion (see handout) three times per day
- Phase II (usually weeks 3-8)
  - Goals
    - Continue swelling control and elbow/wrist/finger motion
    - Begin shoulder therapy
      - 4 quadrant stretches
        - Three times per day home exercise routine
          - 15 second holds, three reps each motion, three times per day
      - Passive shoulder range of motion (PROM)
        - This can be done BY your therapist, your opposite arm, pulleys or towel rods.
          - Forward elevation
            - Supine Gravity Eliminated Forward Elevation:
              - Reaching overhead using a rod in the other hand
            - Tables slides
            - Doorway pulleys
          - External rotation:

- Supine external rotation with a rod
        - With your elbow tucked at the side.
    - Internal rotation:
      - Using a towel or rod to pull your arm up your back.
  - Posture
    - Periscapular isometrics
- Phase III (Usually weeks 8-12)
  - Goal: Add active assist range of motion (AAROM) then active range of motion (AROM) to the home exercise program as your pain allows.
    - Active assist: You will start using the shoulder muscles with the assistance of something else (pulleys, towel rod, your other arm)
    - Active motion: Lifting the arm on your own power
- Phase IV (Once range of motion has plateaued)
  - Goal: Strengthening, return to work / sport.
    - Continue range of motion exercises for 1-year total
    - Strengthening of your rotator cuff, periscapular muscles and core will begin.