

[Twincitiesshoulderandelbow.com](http://Twincitiesshoulderandelbow.com)  
**Dr. Chad Myeroff's Rehabilitation Protocol**

Proximal Humerus Fracture – Non-operative

**Three times per day home exercise program including:**

Phase 1: Week 0-4 (starting immediately)

- Maintain sling use, keep elbow supported, no shoulder ROM, avoid firing shoulder muscles
- OK to come out of sling for:
  - hygiene (ok for axillary hangs, no pendulum swings or Codman's)
  - TID finger, wrist, elbow AROM
- No lifting > weight of a coffee cup

Phase 2: Appx Week 4-8

**\*Initiation will be based in initial signs of fracture callous healing**

- Continue sling except for TID therapy
- Formal PT AND three times daily (TID) home exercise program (HEP)
  - PROM 4 quadrant stretches as pain allows
    - Overhead pulleys, table slides, supine wand exercises
  - Posture and rhomboid isometrics
- No lifting > weight of a coffee cup

Phase 3: Appx Week 8-12

**\*Initiation based on complete fracture healing**

- Wean from sling except in public
- Advance to AAROM then AROM as pain allows
- No lifting > 5#

Phase 4: Week 12-16

- Continue aggressive TID HEP shoulder A/AA/PROM
- Cuff and periscapular strengthening → total arm strengthening, core strengthening
  - Initiate once ROM has plateaued
- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment

More info: [twincitiesshoulderandelbow.com/proximalhumerus/](http://twincitiesshoulderandelbow.com/proximalhumerus/)

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