

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Proximal Humerus Fracture – Operative Fixation

Three times per day home exercise program including:

Phase 1: Week 0-6 (1st PT visit scheduled within 7-10 days of surgery)

- Maintain sling use (except for hygiene, TID finger, wrist, elbow AROM and therapy)
 - OK for axillary cares (hangs) but no pendulum swings / Codman's.
- POD 7-14: 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
- No AROM

Phase 2: Week 6-12

- Wean from sling except in public
- Continue progressive unrestricted PROM 4 quadrant stretches
 - Posture and rhomboid isometrics
- Advance to AAROM → AROM as pain allows
- Deltoid, rhomboid, lat, ER isometrics
- No lifting > 2#

Phase 3: Week 12-16

- Cuff and periscapular strengthening → total arm strengthening, core strengthening
 - Once ROM maximized
- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment
- No restrictions

More info: twincitiesshoulderandelbow.com/proximalhumerus/

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