





## 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
  - $\circ$  Posture and rhomboid isometrics
- No lifting > weight of a coffee cup
- No AROM

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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 ightarrow 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/



## twincitiesshoulderandelbow.com/patienteducationdocuments/

This document does not necessarily represent the opinion of these parent health organizations. It is designed in good faith to increase your understanding of this injury and your treatment options. It does not replace the opinion, discussion, and treatment from a trained medical professional.