

### **Dr. Myeroff's Proximal Humerus Fracture Surgery 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 0-6 weeks post-operatively)
  - 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
    - Begin shoulder passive motion
      - 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 II (Usually weeks 6-12 post-operatively)
    - 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.