

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Post-Op Protocol for Chad Myeroff, MD

Proximal Humerus Fracture – Non-operative

Three times per day home exercise program including:

Phase 1: Week 0-3 (starting immediately)

- Maintain sling use, no shoulder ROM, avoid firing shoulder muscles
- OK to come out of sling for:
 - hygiene (pendulum hangs)
 - TID finger, wrist, elbow AROM
- No lifting > weight of a coffee cup

Phase 2: Appx Week 3-8

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

- Continue sling
- Formal PT AND Three time daily (TID) home exercise program (HEP)
 - PROM 4 quadrant stretches as pain allows
 - Overhead pulleys, table slides, supine wand exercises
 - Posture and rhomboid isometrics
- Advance to AAROM → AROM as pain allows
 - Overhead pulleys, table slides, wall climbs, supine wand exercises
- No lifting > weight of a coffee cup
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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 and time allows
- No lifting > 5#

Phase 4: Appx Week 12-16

***Initiate once ROM has plateaued**

- Continue aggressive TID HEP shoulder ROM
- Cuff and periscapular strengthening → total arm strengthening, core strengthening
- Independent home exercise program

More info: twincitiesshoulderandelbow.com/proximal-humerus-shoulder-elbow-specialist-minneapolis-saint-paul.html