

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
- POD 1: hygiene, finger, wrist, elbow AROM
- POD 7-10 (at 1st therapy visit): Formal PT AND Three time daily (TID) home exercise program (HEP)
 - Shoulder PROM, rhomboid isometrics
 - Pulleys, table slides, supine wand exercises in all planes
- No lifting > weight of a coffee cup
- No active firing of the shoulder muscles

Phase 2: Week 6-12

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

Phase 3: Week 12-16

- Discontinue sling altogether
- Cuff and periscapular strengthening → total arm strengthening, core strengthening
 - As pain allows
- Independent home exercise program
- No restrictions

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