

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Proximal Humerus Fracture – Reverse Shoulder Arthroplasty

Three times per day home exercise program including:

Phase 1: Week 0-6 (1st post-op PT visit should immediately follow 2-week post-op surgical visit)

- Maintain sling use
- POD 1: hygiene, finger, wrist, elbow AROM
- POD 14: Formal PT AND Three time daily (TID) home exercise program (HEP)
 - PROM: ER with elbow at the side, FF 0-140°
 - Overhead pulleys, table slides, supine wand exercises
 - Periscapular isometrics

Phase 2: Week 6-12

- Wean from sling except when in public
- Advance to AAROM as pain allows
 - Overhead pulleys, table slides, wall climbs, supine wand exercises
- Isometrics
 - ER and deltoid isometrics
 - Periscapular strengthening
- Begin to use arm for ADLs

Phase 3: Week 12-18 *(Initiated once ROM complete)

- AROM → strengthening once ROM maximized
- Cuff and periscapular strengthening → total arm strengthening
- Independent home exercise program
- Activities as tolerated
 - Avoid repetitive heavy lifting
 - No bench press, military press, pushups
 - Avoid pushing out of a chair

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