Proximal Humerus Fracture – Non-operative

Three times per day home exercise program including:

Phase 1: Week 0-4 (starting immediately)
- Maintain sling use, keep elbow supported, no shoulder ROM, avoid firing shoulder muscles
- OK to come out of sling for:
  - hygiene (ok for axillary hangs, no pendulum swings or Codman’s
  - TID finger, wrist, elbow AROM
- No lifting > weight of a coffee cup

Phase 2: Appx Week 4-8
  *Initiation will be based in initial signs of fracture callous healing*
- Continue sling except for TID therapy
- 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
  - Posture and rhomboid isometrics
- No lifting > weight of a coffee cup

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 allows
- No lifting > 5#

Phase 4: Week 12-16
- Continue aggressive TID HEP shoulder A/AA/PROM
- Cuff and periscapular strengthening → total arm strengthening, core strengthening
  - Initiate once ROM has plateaued
- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment

More info: twincitiesshoulderandelbow.com/proximalhumerus/