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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 (except for hygiene, TID finger, wrist, elbow AROM and therapy)
 - OK for axillary cares (hangs) but no pendulum swings / Codman's.
- POD 7-14: Formal PT AND three times 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
- Deltoid, rhomboid, lat, ER isometrics
- Begin to use arm for ADLs

Phase 3: Week 12-18

- Advance to AROM
- Cuff and periscapular strengthening → total arm strengthening
 - Once ROM maximized
- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment
- Activities as tolerated
 - Avoid repetitive heavy lifting
 - No bench press, military press, pushups
 - Avoid pushing out of a chair



More info: twincitiesshoulderandelbow.com/proximalhumerus/



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