

Non-Operative Proximal Humerus Fracture Protocol

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Precautions

- Non-Weight bearing 6- 8 weeks (starting from day of fracture)

Phase I – Early Motion Phase (Weeks 0-5):

Week 1:

- Wear the sling at all times except to exercise
- Hand, wrist, elbow, and cervical AROM
- Grip and wrist strengthening
- Modalities as needed for pain relief or inflammation reduction

Week 2

- Apply hot packs 10 minutes before exercising
- Begin pendulum (Codman) exercises with circles in and out
- Soft tissue mobilization
- Supine ER with a stick to 30
 - Support elbow on a folded towel with shoulder in 15 ABD
- Scapular Stabilization
 - Scapular clocks
 - Scapular retractions (no shoulder extension)

Weeks 3-5

- Continue all above exercises
- Begin gentle AAROM flexion to 140 if clinical situation is stable
 - Supine Cane flexion
 - Supine AAROM with therapist assistance or with hands clasped
- Begin pulley for flexion to tolerance
- Begin submaximal isometrics ER, and flex (week 3 4)
- Begin flexion and ABD on slide board or table to tolerance

Phase II – Active Motion Phase (Weeks 6-12)

Weeks 6-8

- Establish full PROM
- Begin AROM
 - a. Supine flexion to patient tolerance
 - b. Progress to seated (or standing) flexion with a stick
 - c. Seated flexion with elbow bent and arm close to the body
 - d. Perform ER and ABD with hands behind head
 - e. Sidelying ER (pain-free)
 - f. Serratus Punches
- Begin Extension and IR: (PROM, AROM and Isometrics)
- Begin multi-angle isometrics
- Continue PROM and begin gentle patient self stretching (week 7 8)
 - a. Flexion: put hand on wall or top of door
 - b. ER: hold onto door jam and twist
 - c. IR: use good arm to pull affected arm into IR B.

Weeks 8-12

- Early resisted ROM
- Begin Theraband for IR, ER, flexion, ABD, and extension
- Begin supine IR, ER with 1# (arm supported at 15° ABD) (pain-free)
- Begin UBE with no resistance
- Prone Ext and ABD (pain-free)
- Progress to adding weight to above exercises only if pain-free
- Biceps / Triceps strengthening with dumbbells

Phase III – Aggressive Stretching and Strengthening phase (Weeks 12+)

Weeks 12+

- Isotonic strengthening with weights all directions
- Increase theraband or use rubber tubing
- Increase stretches on door and add prone stretches
- Begin functional or sport activity for strength gain