



# PROX. HUMERUS FRACTURE – NON-OP



**STEPHEN THON, MD**  
ORTHOPEDIC & SPORTS MEDICINE SURGEON  
[www.stephenthonmd.com](http://www.stephenthonmd.com)

## Physical Therapy Prescription

\*\*\*Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121\*\*\*

Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Diagnosis: R / L Proximal Humerus Fracture Non-Op Protocol

Frequency: 2-3 times per week for \_\_\_\_\_ weeks, Therapy to start 3-5 days after surgery

### PHASE 1: (Weeks 2-4)

#### ROM

- Cervical, elbow and wrist ROM
- Pendulum exercises
- Instruct in home program

#### Strengthening

- No cuff strengthening
- Begin and instruct in program of postural correction
- May begin scapular retraction and depression
- Grip strengthening

#### Sling

- Arm in sling at all times except for exercises and bathing; Includes sling at night (sleeping in recliner chair optimal); Discontinue sling between 2-4 weeks

### PHASE 2: (Weeks 5-8)

#### ROM

- Begin self-assisted forward elevation to 90° and progress in 20° increments per week
  - May use pulleys
- Begin self-assisted ER with progressive return to full in 20° increments per week
- IR in scapular plane as tolerated (No IR behind back)
- No cross body adduction
- Grade I-II scapulothoracic and glenohumeral mobilizations

#### Strength

- No cuff strengthening
- Continue scapular retraction and depression
- Lower extremity aerobic conditioning

#### Other

- Modalities to decrease pain and inflammation
- Cryotherapy as necessary

Signature: \_\_\_\_\_

Date:

Stephen G. Thon, MD

[www.AdvancedOrtho.org](http://www.AdvancedOrtho.org)

Phone: (303) 344-9090

Fax: (720) 895-1121

### **PHASE 3: (Weeks 9-12)**

#### **ROM**

- Progressive return to full forward elevation and external rotation
- May begin posterior capsular stretching program
- May begin IR behind back
- Grade III-IV glenohumeral and scapulothoracic mobilizations
- Begin anterior chest wall stretches (pectoralis minor)

#### **Strength**

- Instruct in home program and begin submaximal isometrics in flexion, abduction, IR, ER and extension
- Add progressive isotonic with low resistance, high repetitions as tolerated
- Emphasize anterior deltoid strength and scapular stabilization
- Emphasize upper trapezius, serratus anterior force couple rehabilitation to create stable scapular base
- Assess for and correct compensatory movement patterns
- UBE with low resistance
- Continue aerobic conditioning

### **Outpatient Physiotherapy PHASE 4: (> Week 12)**

#### **ROM**

- Progressive return to full motion in all planes
- Emphasize posterior capsule stretching
- Maintenance home flexibility program

#### **Strength**

- Continue rotator cuff and scapular strengthening program
  - Progressive increase in resistance as strength improves
- Continue UBE with progressive resistance as tolerated
- Recreation/vocation specific rehabilitation
- Maintenance aerobic conditioning home program