

TJ Ridley, MD

Phone: 763-717-4124 | Website: TJRidleyMD.com | Instagram: @dr._ridley

Proximal Humerus Fracture Non-Operative Rehabilitation Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks) Goals: <ul style="list-style-type: none"> Control pain and swelling 	<ul style="list-style-type: none"> Sling at all times x 6 weeks 	<ul style="list-style-type: none"> No shoulder ROM Modalities PRN Soft tissue mobilization 	<ul style="list-style-type: none"> Hand, wrist, elbow and cervical ROM Grip and wrist strengthening Scapular stabilization
Phase 2 (3-6 weeks) Goals: <ul style="list-style-type: none"> Frequent gentle exercises to prevent adhesions Increase ROM while protecting the fracture site 	<ul style="list-style-type: none"> Sling at all times x 6 weeks 	<ul style="list-style-type: none"> PROM <ul style="list-style-type: none"> FF:0-90 deg ER:0-35 deg Abd:0-65 deg 	<ul style="list-style-type: none"> Isometrics FF and ER Pendulums (Codman) starting 2 weeks after injury Pulley for flexion to tolerance Slide boards Scapular stabilization
Phase 3 (7-12 weeks) Goals: <ul style="list-style-type: none"> Full active ROM Muscular endurance 	<ul style="list-style-type: none"> Wean from sling 	<ul style="list-style-type: none"> PROM <ul style="list-style-type: none"> Full Begin gentle patient self-stretch Advance to AAROM to AROM as pain allows 	<ul style="list-style-type: none"> Multi-angle isometrics Advance to Theraband for IR, ER, FF and Abd Biceps and triceps strengthening Closed chain stability
Phase 4 (13-16 weeks) Goals: <ul style="list-style-type: none"> Maintain Full A/PROM Muscular strength 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Full A/PROM Increase stretches Modalities PRN <ul style="list-style-type: none"> Deep tissue massage Cupping Graston 	<ul style="list-style-type: none"> Increase Theraband in all directions Begin return to functional or sport exercises Final Xrays to demonstrate complete healing prior to return to sport