

## TJ Ridley, MD

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### Proximal Humerus Fracture Non-Operative Rehabilitation Protocol

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