

HUMERUS/SCAPULA FRACTURE REHABILITATION PROTOCOL

<p>PHASE 1 – Early Motion (0-5 weeks)</p>	<p>Weeks 0-2 Early Recovery</p> <ol style="list-style-type: none"> 1. Sling at all times except hygiene and exercise 2. Hand, wrist, elbow and neck ROM 3. Grip and wrist strengthening 4. Codman exercises (pendulums) 5. Modalities as needed for pain relief <p>Weeks 3-5 Passive Motion</p> <ol style="list-style-type: none"> 1. Codman exercises (pendulums) circles in and out 2. Soft tissue mobilizations 3. Supine ER with a stick to 30° 4. Supine Flexion to 90° (support elbow on folded towel with shoulder in 15 deg abduction) 5. Scapular stabilization (retractions and clocks) <p>May begin AAROM when pain diminishes after week 3</p> <ol style="list-style-type: none"> 1. Continue above 2. Gentle AAROM flexion to 120° 3. Begin pulley for flexion to tolerance
<p>PHASE 2 – Active motion phase (6-12 weeks)</p>	<p>Establish full PROM</p> <p>Begin AROM (Weeks 6-8)</p> <ol style="list-style-type: none"> 1. Supine flexion to patient tolerance 2. Progress to seated or standing flexion with stick 3. Seated flexion with elbow bent and arm close to body 4. form ER and ABD with hands behind head 5. Sidelying (pain-free) ER 6. Serratus punches <p>Begin Extension and IR</p> <p>Begin multi-angle isometrics</p> <p>Continue PROM and gentle patient self stretching (Weeks 7-8)</p> <ol style="list-style-type: none"> 1. Flexion: hand on wall or top of door 2. ER: hold onto door jam and twist 3. IR: use good arm to pull affected arm into IR <p>Early Resisted ROM (Weeks 8-10)</p> <ol style="list-style-type: none"> 1. Theraband for IR, ER, flexion, abd, extension 2. Begin supine IR, ER with 1lb. weight (pain free) 3. Begin UBE with no resistance 4. Prone ext and abd (pain free) 5. Progress to adding weight to above exercises if pain free

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	6. Biceps/triceps strengthening
PHASE 3 – Aggressive stretching and strengthening phase (beginning week 12)	<ol style="list-style-type: none">1. Isotonic strengthening with weights all directions2. Increase theraband or use rubber tubing3. Increase stretches on door and add prone stretching4. Begin functional or sport activity for strength gain