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Proximal Humerus Fracture Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain control ● Elbow ROM ● Decrease swelling 	<p>Sling x 4 weeks</p>	<ul style="list-style-type: none"> ● Codman shoulder pendulums ● PASSIVE ROM: FE 0-90, Abd 0-60, ER 0-30 <p>Modalities:</p> <ul style="list-style-type: none"> ● GameReady ● Edema control 	<ul style="list-style-type: none"> ● Neck, elbow, wrist ROM ● Scapular retraction and depression ● Pendulums ● Passive ROM
<p>Phase 2 (2-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain control ● Progress ROM 	<p>Sling x 4 weeks</p> <p>Still no weightbearing (may use arm for hygiene, dressing, meals)</p>	<ul style="list-style-type: none"> ● Progress to full PASSIVE ROM at 4 weeks ● Begin Active Assist ROM at 4 weeks <p>Modalities:</p> <ul style="list-style-type: none"> ● Gentle Massage ● Cryotherapy 	<ul style="list-style-type: none"> ● Continue neck, elbow, hand ROM ● Continue pendulums ● Active Assist ROM ER and IR, FE and Scaption ● Isometrics ER and IR, Biceps and Triceps ● Starting week 6 - Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER

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<p>Phase 3 (7-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> Continue to work for full PROM Progress to full AROM 	<p>5 pound weightbearing restriction starting week 4 for 6 weeks</p>	<ul style="list-style-type: none"> Continue working for full PROM May begin AROM <p>Manual</p> <ul style="list-style-type: none"> Push to get full PROM <p>Modalities:</p> <ul style="list-style-type: none"> Ice/stim PRN 	<ul style="list-style-type: none"> Isometrics: internal and external rotation, biceps and triceps Sidelying external rotation, salutes, prone extension and horizontal abduction Punches with a plus Prone lower trap Closed chain stability Endurance <u>starting week 10</u>: IR and ER, theraband rows, bicep curls, tricep extension
<p>Phase 4 (13-18 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> Maintain full AROM Muscular Strength 	<p>Increase from 5 pound weightbearing restriction</p>	<ul style="list-style-type: none"> Full A/PROM 	<ul style="list-style-type: none"> External rotation strengthening at 45 and 90 degrees Bear hugs Statue of liberty Push-up plus progression
<p>Phase 5 (18+ weeks)</p> <ul style="list-style-type: none"> Normalizing everyday use. 	<p>Restrictions lifted</p>	<ul style="list-style-type: none"> Continue Full A/PROM 	<ul style="list-style-type: none"> PNF exercises with resistance Decelerations and plyometric external rotation <u>24 weeks</u> - Progress to sport-specific and overhead activities