



Proximal Humerus Fracture- Nonoperative

Regular sling for weeks 0-4 when not in PT

Phase 1 -(PASSIVE)

Week 0-2:

- Quiet in sling with elbow/wrist/hand
- Begin active scapular retraction/protraction exercises with therapist cueing

Week 2-8:

- Pendulums to warm-up beginning week 3
- Supine External Rotation 0°-30° beginning at 5 weeks with progression to full PROM by 8 weeks
- Supine Forward Elevation 0°-90° beginning at 5 weeks with progression to full PROM by 8 weeks
- Progress to upright as tolerated with ER and FE

Phase 2 -(ACTIVE)

Week 9-12:

- Pendulums to warm-up.
- Active Range of Motion with terminal stretch
- Supine External Rotation – after 8 weeks progress GRADUALLY to full
- Supine Forward Elevation – after 8 weeks; progress GRADUALLY to full
- Begin active biceps
- Internal Rotation-Full (begin behind the back)
- Begin AROM in supine and progress to upright

Phase 3 -(RESISTED)

Week 13+:

- Pendulums to warm up and continue with phase 2.
- External and Internal Rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs and Biceps curls

Initiation of Interval Sport Programs:

- Golf 5-6 months
- Tennis 7-8 months
- Ski 7-8 months