

HSS – ERPB

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**PHYSICAL THERAPY PROTOCOL
PROXIMAL HUMERUS FRACTURE – DELAYED MOTION**

PROCEDURE		Date of Surgery/Injury: _____ R L ☐ ORIF Proximal Humerus Fracture ☐ Proximal Humerus Fracture – Non-operative Treatment	
PLAN		Physical Therapy for R L Shoulder 1-2x Per Week x 16 Weeks Rehab appointments begin 4 weeks after surgery	
GENERAL GUIDELINES		Goal: Regain full pain-free ROM and strength of shoulder and prevent elbow and wrist stiffness. Please read and follow guidelines below. Progression is both criteria-based and patient specific. Phases and time frames are designed to give the clinician a general sense of progression. Concomitant injuries may alter the guidelines. Follow physician's modifications as prescribed	
	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-6 weeks	▪ 0-4 weeks: None ▪ 4-6 weeks: begin PROM - Limit flexion to 90°, ER to 45°, extension to 20°	0-4 weeks: ▪ Immobilized at all times day and night ▪ Off for hygiene, resting in chair and gentle exercise only 5-6 weeks: ▪ Wean immobilizer to sleep and walking around outside only ▪ Can discontinue while walking around home	▪ 0-4 weeks: elbow/wrist ROM, grip strengthening at home and pendulums only ▪ 4-6 weeks: begin PROM activities – Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; closed chain scapula
PHASE II 6-12 weeks	▪ Begin active/active assistive ROM, PROM to tolerance	▪ None	▪ Continue Phase I work; begin active assisted exercises, deltoid/rotator cuff isometrics at 8 weeks

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	▪ Goals: Full Extension, ER 135° flexion, 120° abduction		▪ Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff*
PHASE III 12-16 weeks	▪ Gradual return to full AROM	▪ None	▪ Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization ▪ Begin muscle endurance activities (upper body ergometer) ▪ Aggressive scapular stabilization and eccentric strengthening ▪ Cycling/running OK at 12 weeks or sooner if given specific clearance
PHASE IV 4-5 months	▪ Full and pain-free	▪ None	▪ Maintain ROM and flexibility ▪ Progress Phase III activities, return to full activity as tolerated