



# OrthoTeam Clinic

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## Non-Operative Proximal Humerus Fracture Rehab Protocol

This protocol provides the physical therapist with general guidelines for initial stage and progression of rehabilitation according to specified time frames, related tissue tolerance and directional preference of movement. Specific changes in the program will be made by the physician as appropriate for the individual patient.

### PHASE I (1-3 WEEKS) DATES:

Appointments	No PT for 3 weeks, unless otherwise specified by MD
Rehabilitation Goals	<ul style="list-style-type: none"> <li>• Modalities to control pain and swelling</li> <li>• Protect fracture site</li> <li>• Maintain ROM in surrounding joints</li> <li>• Prevent deconditioning</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• ROM and WB'ing limitations per MD</li> <li>• Sling at all times x 3 weeks (or per MD)</li> <li>• No cuff strengthening</li> </ul>
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> <li>• AROM cervical, elbow, wrist and hand</li> <li>• Scapular clocks, shrugs, pinches, PNF</li> </ul>
Cardiovascular Exercises	<ul style="list-style-type: none"> <li>• Bike in sling, walking on treadmill in sling</li> </ul>
Progression Criteria	<ul style="list-style-type: none"> <li>• X-ray evidence of healing</li> <li>• Clearance from MD to begin PT</li> </ul>

### PHASE II (3-6 WEEKS) DATES:

Appointments	<ul style="list-style-type: none"> <li>• Begin physical therapy at 3 weeks post injury if cleared by MD</li> <li>• Physical therapy 1-2 x/week</li> </ul>
Rehabilitation Goals	<ul style="list-style-type: none"> <li>• Regain full ROM</li> <li>• Restore GH and scapula-thoracic rhythm</li> <li>• Minimize deconditioning</li> <li>• Modalities to control pain and swelling</li> </ul>



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(Phase II continued) Precautions	<ul style="list-style-type: none"> <li>• DC sling x 3 weeks if cleared by MD</li> <li>• AAROM to 90 degrees forward flexion and 40 degrees ER</li> </ul>
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> <li>• AROM cervical, elbow, wrist and hand</li> <li>• Pendulums</li> <li>• Gripping exercises</li> <li>• Scapular PNF</li> <li>• Progress to full PROM all planes</li> <li>• Supine AAROM for flexion (90 degrees), ER (40 degrees) and hyperextension.</li> <li>• Submaximal RTC isometrics in neutral for IR, ER, EXT and ABD</li> </ul>
Cardiovascular Exercises	<ul style="list-style-type: none"> <li>• Treadmill, bike</li> </ul>
Progression Criteria	<ul style="list-style-type: none"> <li>• X-ray evidence of healing</li> <li>• Full PROM</li> </ul>

## PHASE III (6-8 WEEKS)

DATES:

Appointments	Continue physical therapy 1-2 x/week
Rehabilitation Goals	<ul style="list-style-type: none"> <li>• Restore full AROM</li> <li>• Increase strength</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Allowed full PROM, AAROM and AROM without substitution</li> </ul>
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> <li>• Begin with supine AROM flexion, no weights; progress to weights</li> <li>• Standing wand assisted flexion</li> <li>• Pulleys with eccentric lowering of involved arm</li> <li>• Progress all other AROM, supine first then standing</li> <li>• PNF</li> </ul>
Cardiovascular Exercises	<ul style="list-style-type: none"> <li>• Bike, treadmill, light jogging/swimming (if cleared by MD)</li> </ul>
Progression Criteria	<ul style="list-style-type: none"> <li>• Full AROM</li> </ul>



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## PHASE IV (10+ WEEKS)

## DATES:

Appointments	Continue physical therapy 1-2 x/week
Rehabilitation Goals	<ul style="list-style-type: none"> <li>• Increase RTC strength</li> <li>• Restore scapula-humeral rhythm</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• None</li> </ul>
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> <li>• Posterior capsule stretching if indicated</li> <li>• Isotonic exercises for RTC, scapular muscles</li> <li>• PNF</li> <li>• Theraband rows, ER, IR, shoulder extension</li> <li>• Progressive strengthening program using bands, light dumbbells for RTC, deltoid and scapula</li> <li>• Prone scapular strengthening (T's, Y's, W's)</li> <li>• Begin overhead exercises (if no impingement):             <ul style="list-style-type: none"> <li>- ball taps</li> <li>- Total Gym pull ups</li> </ul> </li> </ul>
Cardiovascular Exercises	<ul style="list-style-type: none"> <li>• No restriction unless directed by MD</li> </ul>
Progression Criteria	<ul style="list-style-type: none"> <li>• DC to HEP</li> </ul>

Contact the OrthoTeam Clinic at 608-231-3410 with any questions