



## Physical Therapy Prescription – Non Operative Proximal Humerus Fracture

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** R / L Proximal Humerus Fx

**Frequency:** 2-3 times per week for \_\_\_\_\_ weeks

### Phase 1: Weeks 0-4

Range of Motion: • Cervical, elbow and wrist ROM

- Pendulum exercises
- Instruct in home program

Strengthening: • No cuff strengthening

- Begin and instruct in program of postural correction
- May begin scapular retraction and depression
- Grip strengthening

Sling: • Arm in sling at all times except for exercises and bathing; Includes sling at night (sleep in recliner chair optimal)

**Discontinue sling around 4 weeks**

### Phase 2: Weeks 5-8

Range of Motion: • Begin self-assisted forward elevation to 90° and progress in 20° increments pre week (May use pulleys)

- Begin self-assisted ER with progressive return to full in 20° increments per week
- IR in scapular plane as tolerated (No IR behind back) → No cross body adduction
- Grade I-II scapulothoracic and glenohumeral mobilizations

Strengthening: • No cuff strengthening

- Continue scapular retraction and depression
- Lower extremity aerobic conditioning

Other: • Modalities to decrease pain and inflammation

- Cryotherapy as necessary

### Phase 3: Time Frame: 9-12 weeks

Range of Motion: • Progressive return to full forward elevation and external rotation

- May begin posterior capsular stretching program
- May begin IR behind back
- Grade III-IV glenohumeral and scapulothoracic mobilizations
- Begin anterior chest wall stretches (pectoralis minor)

Strengthening: • Instruct in home program and begin submaximal isometrics in flexion, abduction, IR, ER and extension

- Add progressive isotonic with low resistance, high repetitions as tolerated
- Emphasize anterior deltoid strength and scapular stabilization
- Emphasize upper trapezius, serratus anterior force couple rehabilitation to create stable scapular base
- Assess for and correct compensatory movement patterns
- UBE with low resistance and Continue aerobic conditioning

### Phase 4: Time Frame: >12 weeks

Range of Motion: • Progression return to full motion in all planes

- Emphasize posterior capsule stretching
- Maintenance home flexibility program

Strengthening:

- Continue rotator cuff/scapular strengthening program (progressive increase in resistance as strength improves)
- Continue UBE with progressive resistance as tolerated → Progress vocation/sport specific program

Physician Signature: \_\_\_\_\_

Date: \_\_\_\_\_

For more orthopedic information and rehab protocols visit [www.drsiwiec.com](http://www.drsiwiec.com)