

Proximal Humerus Fx: Non-Op Management

Phase 1

- **Sling:** Wear sling at all times, including while sleeping for 4-6 weeks as directed
- **Weeks 0-4**
 - Perform scapular stability (shrugs, retraction) and grip exercises as shown
 - PASSIVE flexion/extension of elbow twice daily as shown (do not over-extend)
 - Wrist and hand motion such as typing okay after 5 days. Minimal movement such as light grip/relaxing of the hand is encouraged soon after surgery
- **Weeks 2-6**
 - Begin passive ROM as directed by your provider and physical therapist
 - PASSIVE ROM Goals: Forward elevation 90°+, external rotation 30°+, abduction 60°- 90°+
 - **No resistance/ holding objects with the arm/hand greater than 1-2 lb**
 - **No internal rotation (reaching backwards or up along spine)**
 - **No pulleys, pool therapy, or electric stimulation until Phase 2**

Phase 2

- **Weeks 4-6 (Wean sling use as instructed)**
 - Begin assisted active ROM with PT, then progress to active ROM all directions
 - Goals: Forward elevation 140°+, external rotation 40°+, abduction 90°+
 - Addition of home exercise program as directed by physical therapist
 - Wall climb, wand exercises (begin supine if needed), towel slide, etc.
 - **No resistance/ holding objects with the arm/hand greater than 3-4 lb**
- **Weeks 6-12**
 - Continue progressing activity. Begin Internal Rotation (ex. Sleeper stretch)
 - Goals: Approach full ROM. Forward elevation 160°+, external rotation 45°+, internal rotation 60°- 90°, abduction 120°+
 - **May increase resistance/ holding objects up to 10-15 lb max**
 - **No intense sports/activity with likely impact or falls until Phase 3**

Phase 3

- **Weeks 12+**
 - Begin strengthening program as directed (usually 50-75% effort)
 - Increase activity stepwise as tolerated