

Proximal Humerus Fracture Nonoperative Protocol

	Phase I: Weeks 0-2	Phase II: Weeks 3-6	Phase III: Weeks 6-12	Phase IV: Weeks 12+
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • Non-weight-bearing • Sling at all times except as needed to perform PT exercises 		<ul style="list-style-type: none"> • Discontinue sling • Gradually progress to WBAT 	<ul style="list-style-type: none"> • No restrictions
Aerobic	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Stationary bike 	<ul style="list-style-type: none"> • Begin walk-jog-run progression if desired
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • ROM exercises 4-5 times daily <ul style="list-style-type: none"> ▸ Pendulum exercises ▸ Hand squeezes and pumps ▸ AROM of neck, elbow, wrist, and fingers 	<ul style="list-style-type: none"> • Continue Phase I exercises • Begin supine ER to 15-20° with a slight abduction using a stick or bar • Begin gentle forward elevation with pulley assistance • At 4 weeks may begin isometric deltoid, IR, and ER exercises at neutral rotation only 	<ul style="list-style-type: none"> • Continue Phase II exercises • Begin light stretching and early active light resistance exercises • Initiate active forward elevation while supine (gravity eliminated) and transition to standing with bar assistance and eventually without assistance • Bands for progressive and gradual strengthening (flexion, extension, abduction, ER, and IR) 	<ul style="list-style-type: none"> • Continue Phase III exercises • Begin isotonic strength exercises and progress to weights (start at 1 lbs. and progress gradually and as tolerated) • Rotator cuff and scapular stretching • Progress overhead activities when pain-free and as tolerated
Other	<ul style="list-style-type: none"> • Heat before and/or ice after PT sessions as needed • Modalities as needed to reduce pain/swelling and for muscle re-education • Home Exercise Program (HEP) per discretion of Physical Therapist 			
Goals	<ul style="list-style-type: none"> • Pain control • Protect tissue healing • Minimize joint stiffness 	<ul style="list-style-type: none"> • Pain control • Protect tissue healing • Begin ROM exercises 	<ul style="list-style-type: none"> • Advance ROM exercises • Begin strengthening 	<ul style="list-style-type: none"> • Achieve full ROM • Progress activities as tolerated when pain-free