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Shoulder and Elbow Surgery

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PT Protocol - Non-Operative Three- and Four-Part Proximal Humerus Fracture

Phase I (Protection Phase): Weeks 0-4

Precautions

- Patient to remain in sling for 4-6 weeks.
- NO pushing yourself from chair or bed with the injured arm.
- NO active motion of the shoulder, NO resisted motions of shoulder

ROM goals

- Pain control with ice, and modalities
- Pendulum hangs
- Active hand, wrist and elbow exercises
- Scapular exercises: Scapular pinch and roll
- No canes/pulleys until 4-6 weeks post-injury, because these are active-assist exercises

Phase II (Range of Motion phase): Weeks 5-8 (fracture moving as a unit)

Precautions

- NO lifting anything heavier than soda bottle
- Patient has to face the pulley and NO pulleys behind the back
- AVOID sudden jerking motion or grabbing on to objects far out from you
- NO excessive passive stretching beyond the limits described below
- NO strengthening or resisted motions of shoulder until 8 weeks after injury (resisted internal or external rotation)

Exercises

- Discontinue sling
- Cleared for daily use of your arm for activities of daily living (ADL)
- Pain control with ice/heat, and modalities
- Begin AAROM and advance to AROM as tolerated (Use of pulleys, canes for ROM is allowed)



- Active hand, wrist and elbow exercises
- Scapular exercises: Scapular pinch and roll and shoulder shrug
- Isometrics with arm at side and light resistive therabands beginning at 8 weeks

Phase III (Strengthening Phase): Weeks 9-16

Precautions

- Patient should have full ROM, no substitution patterns and good scapulothoracic control
- NO heavy lifting (>10 pounds)
- Patient has to face the pulley and NO pulleys behind the back
- AVOID sudden jerking motion or sudden reaching out to grabbing objects
- Lateral raises and side raises with weights should be with the bent elbow and below the shoulder level

Exercises

- Advance to full ROM as tolerated with passive stretching at end ranges
- Begin scapular strengthening exercises, closed chain for deltoid, PRE's (progressive resistance exercises) for large muscle groups (pecs, lats, etc.)
- Isometrics with arm at side and light resistive therabands beginning at 10 weeks
- Advance strengthening as tolerated: isometrics → bands (progress with increasing intensity) → light weights (1-5 lbs); per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions and proprioception

Modalities

- Heat and Ice, Ultrasound, Iontophoresis, Phonophoresis, Therapists' discretion, TENS, Trigger point massage

Evaluation and others

- Teach home exercise program

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:
www.lucasmysonmd.com

