



Town Center

ORTHOPAEDICS

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Post-operative Protocol: Proximal Humerus Fracture

- Keep sling on at all times except hygiene and elbow motion/pendulum exercises until follow up. OK for elbow/wrist/hand exercises.
- 10-14 day follow up: X-rays. Wound check. Start supine passive assisted ROM FE:120, ER:30. No active shoulder motion. Lift <2lb.
- 6 weeks: X-rays. Wean out of sling and start active ROM. Advance to phase 2 stretching (assisted extension, assisted internal rotation, cross body adduction) and phase 1 strengthening (with resistance bands: internal rotation, external rotation, extension, flexion, abduction). Start resistance bands, isometric strengthening. Continue stretching until ROM is normal. Lift < 5lb. Can drive.
- 10 weeks: X-rays. Continue resistance bands, weight training supine and gradually sit up, gradually go back to sports
- 4 months: OK for full duty manual labor, contact sports. OK for push up, bench press, deadlift, lifting overhead > 20lb
- 6 months: X-rays