



Town Center

ORTHOPAEDICS

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Humeral Shaft Fracture (non-op protocol)

- Transition to Sarmiento in 1-2 weeks after fracture. Use cuff&collar to allow gravity to align the arm. Upright posture as much as possible, keep elbow unsupported.
- 0-2 weeks: work on elbow, wrist, finger ROM exercises. No shoulder ROM. Lift < 2 lb.
- Repeat eval and x-ray 1 week after initial Sarmiento application. Adjust fit as needed for swelling.
- 2-6 weeks: Start bicep/tricep isometrics. Ok for pendulums for hygiene, but no other shoulder ROM. Check brace tightening twice a day.
- 6 weeks: X-ray, check for motion at fracture site if concerning for nonunion
- 6-10 weeks: Lift < 5 lb. Continue Sarmiento while outside of house, OK to remove at rest. Start shoulder assisted ROM exercises.
- After 10 weeks: Start shoulder strengthening, weight training, gradually go back to sports.
- No push up, bench press, deadlift, lifting overhead > 20lb until 4 months.
- Return to work with limited duty at 2 months, full duty 4 months, Contact sports > 4 months