

## **Rehabilitation after Proximal Humerus Fracture**

Diagnosis: Proximal humerus fracture ICD-10 = S42.209A

Treatment: Nonoperative

Anticipated Duration of Therapy: 6-8 weeks with 2-3 visits per week

### **Weeks 2-4: Start Physical Therapy**

- Pendulum exercises along with elbow, wrist, and hand range of motion
- Gentle passive range of motion limiting forward flexion to 130 degrees, internal rotation to neutral and external rotation to 30 degrees for 2 weeks

### **Week 4-6:**

- Passive range of motion, Active assist range of motion, and Active range of motion allowed within pain free range
- No resistance to rotator cuff or deltoid, but begin scapular stabilization exercises
- NO external rotation or internal rotation resistance at any time
- Home stretching (wand and/or pulley, etc.)
- Patient can stop using the sling after 6 weeks

### **Weeks 10-12:**

- NO external rotation or internal rotation resistance at any time
- Non-ER and non-IR resistance allowed at 10 weeks if satisfactory range of motion achieved
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### **CLINIC APPOINTMENTS WITH DR. KILIAN:**

- 2 weeks– surgical incision check
- 6 weeks– come out of sling
- 3 months
- 6 months
- 1 year postoperatively
- 2 years postoperatively