

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 4-6: 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 beginning 4-6 weeks.

Week 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

CLINIC APPOINTMENTS WITH DR. KILIAN:

- 2 weeks
- 6-8 weeks– come out of sling
- 3 months
- 6 months
- 1 year postoperatively
- 2 years postoperatively