

Proximal Humerus Fracture

Post-Op	Goals	Exercises
Weeks 2 HEP daily	Increase ROM while protecting the fracture site	Early Passive Motion <ul style="list-style-type: none"> • Wear the sling at all times except to exercise • Hand, wrist, elbow, and cervical AROM • Grip and wrist strengthening • PROM: ER to 30° and flexion to 100 deg • Modalities as needed for pain relief or inflammation reduction
Weeks 3 PT 2-3x/week HEP daily	Increase ROM while protecting the fracture site	Active Assisted ROM <ul style="list-style-type: none"> • Apply hot packs 10 minutes before exercising • Begin pendulum (Codman) exercises • Begin pulley for flexion and abduction • Begin gentle AAROM flexion to 140 deg • Supine ER with a stick to 40 deg; <ul style="list-style-type: none"> ○ Keep arm in plane of scapula • Scapular Stabilization <ul style="list-style-type: none"> ○ S/L scapular clocks • Seated scapular retractions
Weeks 4 PT 2-3x/week HEP daily	Increase ROM while protecting the fracture site	AAROM and Isometrics <ul style="list-style-type: none"> • Continue all exercises • Begin S/L assisted forward elevation • Begin submaximal isometrics IR, ER, Flex, Ext, and ABD • Begin flexion and ABD on slide board or table
Weeks 5-8 PT 1x/week HEP daily	Increase PROM and start AROM while protecting the fracture site	Establish full PROM Begin AROM <ul style="list-style-type: none"> • Supine flexion with and without stick • Progress to sitting (or standing) flexion with a stick • Sitting flexion with elbow bent and arm close to the body • Raise arm over head with hands clasped • Perform ER and ABD with hands behind head • Eccentric pulleys • Sidelying ER • Prone Ext and ABD • Serratus Punches Continue PROM and begin patient self stretching (week 6) <ul style="list-style-type: none"> • Wall Walking • Doorway ER stretch • S/L post. Capsule stretch Begin multi-angle isometrics
Weeks 9 HEP daily	Early Resisted ROM	<ul style="list-style-type: none"> • Begin Theraband for IR, ER, flexion, ABD, and extension • Begin supine IR, ER with 1# (with arm supported at 15° ABD) • Begin UBE no resistance • Progress to adding weight to above exercises only if pain-free • Biceps / Triceps strengthening with dumbbells
Weeks > 12	Aggressive Stretching and Strengthening Phase (beginning week 12)	<ul style="list-style-type: none"> • Isotonic strengthening with weights all directions • Increase Theraband or use rubber tubing • Increase stretches on door and add prone stretches • 4. Begin functional or sport activity for strength gain