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POST-OPERATIVE REHABILITATION PROTOCOL

Proximal Humerus Fracture Non-Operative

Phase I

- CONSOLIDATION PHASE (Weeks 0–4 post fracture); control pain, edema, and protect fracture site; minimize deconditioning
- Maintain range in joints around the effected region (wrist, hand, and neck)
- Prevent glenohumeral adhesive capsulitis and muscle flexibility deficits
- **Modalities:** such as TENS and ice, for pain control; splint/Sling as direct by MD; monitor use and weight bearing instructions per MD
- Cardiovascular conditioning; gentle range of motion exercises of the neck, wrist, and hand
- Gentle pendulum exercises starting week 3–4

Phase II

- EARLY PROM PHASE (Weeks 4–8): When pain has diminished, and patient is less apprehensive.
- **Goals:** Same as above
- **Intervention:** in addition to above; passive forward elevation and external rotation of the shoulder

Phase III

- EARLY ACTIVE-ASSISTED MOTION (Weeks 8–12); continue to control pain and edema as needed; minimize deconditioning
- Regain full range of motion; prevent muscle atrophy; pendulum; active assistive forward elevation and external rotation
- Advance to AROM as pain allows, and gripping exercises

Phase IV

- ACTIVE MOTION (Weeks 12–16); regain full range of motion and strength

INTERVENTION

- **Resistive exercises:** standing forward press, TheraBand resisted (flexion, internal rotation, external rotation and abduction) exercises, and rowing
- **Self-stretching:** flexion/abduction combined, internal rotation, flexion, abduction/external rotation combined, bilateral hanging stretches
- Advanced internal rotation, shoulder flexion, external rotation and horizontal abduction stretching

Return to Sport & Discharge Criteria

- Healing confirmed by Dr. Kelly; full functional ROM
- Strength $\geq 90\%$ of opposite side; graduated return to impact after clearance

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.

