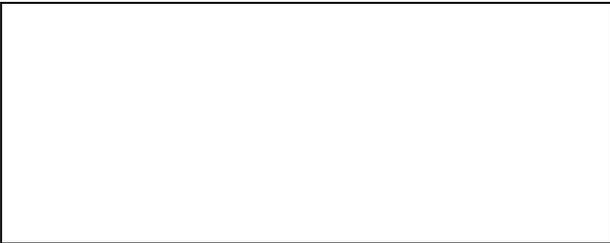




**BRIGHAM AND WOMEN'S HOSPITAL**

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**Department of Rehabilitation Services**  
Physical Therapy

## **Post Fracture Proximal Humerus Rehabilitation Guidelines**

**R / L Humerus Fracture:** \_\_\_\_\_

### **Standard Course**

Patients will typically follow a standard post-fracture rehab course if their fracture is:

- Non Displaced
- 2 Part Fracture
- Good Alignment
- Does not involve an articular surface
- Other: \_\_\_\_\_

### **Slow Course**

Patients will typically follow a slow post-fracture rehab course if their fracture is:

- Intra-articular
- Tuberosity Involvement
- Concomitant Cuff Tear
- Multiple Part Fracture
- Osteoporosis/Osteopenia
- Other: \_\_\_\_\_

**No weight bearing through Upper Extremity for \_\_\_\_\_ weeks**

Sling for \_\_\_\_\_ weeks

Full Elbow/Wrist/Hand ROM

Phase I: Healing Phase

Start \_\_\_\_\_

Phase II: Functional Rehab Phase

Start \_\_\_\_\_

Phase III: Strengthening/Maintenance Phase

Start \_\_\_\_\_

Heat/ICE PRN

Swelling Management As Needed

**No forced motion or aggressive stretching at any time.**

**Other/Special Instructions:**

## **Phase I: Healing Phase:**

### Goals:

- Control pain and edema
- Enhance non compensated comfortable range of motion
- Protect fracture site
- Minimize deconditioning
- Prevent muscle atrophy
- Maintain range in joints around the effected region (wrist, hand, and neck)
- Prevent glenohumeral stiffness and muscle flexibility deficits

### Intervention:

- Pendulum exercises
- Passive forward elevation of the shoulder (ex. counter walkaway, dusting progression) progressed to AAROM as tolerated
- Passive external rotation of the shoulder ( ex. ER counter walkaway, doorway, cane) progressed to AAROM as tolerated
- Gripping exercises
- Modalities, such as heat and ice, for pain control
- Splint/Sling as direct by MD
- Monitor use and weight bearing instructions
- Cardiovascular conditioning
- Gentle range of motion exercises of the neck, elbow, wrist, and hand

## **Phase II: Functional Rehab Phase:**

### Goals:

- Regain full or function range of motion (depending upon alignment status)
- Actively work within newly gained range of motion
- Increase functional use and strength

### Intervention:

- Wean from sling
- Active Assisted ROM activities progressed to AROM as tolerated, without compensated movement

## **Phase III: Strengthening/Maintenance Phase**

### Goals:

- Increase functional strength
- Gain adequate strength in the rotator cuff to allow for humeral head depression necessary to avoid impingement
- Strengthen scapular musculature to allow for proper scapulohumeral rhythm

### 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 as needed and tolerated