

SHOULDER

Proximal Humerus Fracture – Non-Operative

Injury Date: _____

Progressions are time and criterion-based, dependent on soft tissue healing, patient demographics and clinician evaluation. A review of the imaging and treating-clinician plan and communication of any concerns with the referring physician is encouraged. Use of allowed visits should consider overall insurance limitations. When limitations are present, spread visits out over time to ensure that the patient can optimally complete rehab program with return to appropriate activities.

Early Passive Motion (7–10 Days Post Fracture)

Sling

- At all times, except for exercises

Range of Motion

- Pendulums 4–5 times per day
- Passive elevation in the scapular plane to tolerance (max 90° as tolerated)
- Passive ER in neutral to ~20° as tolerated

Exercise

- Elbow/wrist/hand AROM
- Grip strengthening

Early Passive Motion (10 Days – 3 Weeks) | When Pain Has Diminished

Range of Motion

- Continue pendulums
- Progress passive elevation as tolerated
- Progress passive ER as tolerated
- Begin supine AAROM with cane

Exercise

- Isometric scapular pinches and shrugs

Phase I (3–6 Weeks Post Fracture)

Sling

- Discontinue sling when comfortable

Range of Motion

- Begin AAROM and AROM as tolerated
- Progress to overhead motion

Exercise

- Continue scapular isometrics
- Begin light rotator cuff isometrics
- Elbow strengthening as tolerated

Phase II (6–8 Weeks Post Fracture)

Range of Motion

- Progress toward full active motion as healing allows; confirm clinical and radiographic healing and obtain clinician clearance before meaningful loading or unrestricted activity.

Exercise

- Begin isotonic strengthening for rotator cuff and deltoid
- Scapular stabilization exercises
- Progress to resistance bands

Phase III (8 Weeks+ Post Fracture)

Exercise

- Advance strengthening as tolerated
- Begin closed chain exercises
- Sport/work specific functional training

Return to Activity

- Return to full activities as strength and ROM allow
- Contact sports require physician clearance