

Nonoperative – Proximal Humerus Fracture Rehabilitation Protocol

	Range of Motion	Sling	Exercises/activities
Phase 1 0-2 weeks	Week 1 and 2 – no shoulder ROM	0-2 weeks: Sling at all times except for elbow/wrist exercises and hygiene	Wrist/hand ROM, Elbow flexion, extension pronation and supination OK.
Phase 2 2-6 weeks	Progress to 0-90 degrees for PROM and AAROM	Sling at all times except for exercises and hygiene	PASSIVE AND AAROM ONLY (SHOULDER) Begin pendulum Progress Passive shoulder ROM up to 140 degrees Begin assisted active ROM No shoulder ER > 40 degrees. Ok to use hand for activities of daily living (1-2 lb. weigh limit) Elbow/wrist/hand ROM unlimited.
Phase 3 7-12 weeks	Full ROM	None	Being ACTIVE ROM (SHOULDER) – starting with supine active FF Advance to full, painless ROM Progress weight bearing/resistance as tolerated Strengthening as tolerated (after 8 weeks from injury) Begin eccentrically resisted motion and closed chain activities Advance to sport and full activity as tolerated after 12 weeks