



# Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

## **HUMERAL SHAFT FRACTURE (NON-OP)**

### **NON-OP PHYSICAL THERAPY PROTOCOL**

**Bryan M. Saltzman, M.D.**

Indiana University Health Physicians

Assistant Professor of Orthopaedic Surgery, Indiana University  
Sports Medicine, Cartilage Restoration, Shoulder/Elbow

IU Health Methodist Hospital – 1801 N Senate Ave, Indianapolis, IN 46202

IU Health North – 201 Pennsylvania Pkwy #100, Carmel, IN 46280

317-944-9400

[www.bryansaltzmanmd.com](http://www.bryansaltzmanmd.com)

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Evaluate and Treat

Provide patient with home program

Frequency: 2-3 x/week x 4 weeks

### **Phase 1: Week 0-2 (to start immediately after initiation of Sarmiento bracing)**

- No lifting > weight of coffee cup
- Upright posture at all times, maintain sling use or collar and cuff as needed
  - Elbow should be unsupported as much as possible



- Swelling control (with stocking)
- TID HEP: elbow, wrist, finger A/AAROM. No shoulder ROM
  - Biceps and triceps isometrics

### **Phase 2: Week 2-6**

- No lifting > weight of coffee cup
- Wean from sling to allow gravity to align the arm (OK for collar and cuff), continue upright posture
- BID tightening of fracture brace
- daily hygiene and skin checks in pendulum position
- Continue TID HEP: A/AAROM elbow, wrist and finger motion, biceps and triceps isometrics
- Start shoulder periscapular isometrics / shoulder posture
  - No shoulder ROM other than pendulums for hygiene

### **Phase 3: Week 6-12 weeks (following clinical fracture healing)**

- No lifting > 5# at the side, or coffee cup overhead
- Add TID HEP shoulder 4 quadrant AAROM as tolerated with brace on unless pain free
  - Pulleys, table slides, wall climbs, supine wand exercises in all planes

### **Phase 4: Appx Week 10-14 weeks (following clinical fracture healing)**

- Add shoulder AROM, PROM as tolerated
- Generalized UE strengthening
- Activities as tolerated (if bony healing complete)
- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_\_ would X would not benefit from social services.**

\_\_\_\_\_

**Date:** \_\_\_\_\_

**Bryan M. Saltzman, MD**