



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

PROXIMAL HUMERUS FRACTURE (NON-OP)

NON-OP PHYSICAL THERAPY PROTOCOL

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atient Name:	Date:
Evaluate and Treat	Provide patient with home program
Frequency:	x/week x weeks

Goals:

- 1. Increase ROM while protecting the fracture site.
- 2. Control pain and swelling (with exercise and modalities)
- 3. Perform frequent gentle exercise to prevent adhesion formation



<u>Phase I - Early Motion Phase</u> (0 - 5 weeks)

1. Week 1 Early Passive Motion

- 1. Wear the sling at all times except to exercise
- 2. Hand, wrist, elbow, and cervical AROM
- 3. Grip and wrist strengthening
- 4. PROM: supine Flexion to 90° and ER (very gentle)
- 5. Modalities as needed for pain relief or inflammation reduction

2. Week 2

- 1. Apply hot packs 10 minutes before exercising
- 2. Begin pendulum (Codman) exercises with circles in and out
- 3. Soft tissue mobilization
- 4. Supine ER with a stick to 30°
 - a. Support elbow on a folded towel with shoulder in 15° ABD 5.
- 5. Scapular Stabilization
 - a. Scapular clocks
 - b. Scapular retractions (**no shoulder extension**)

C. Week 3 – 5 (begin AAROM when pain diminishes and pt is less apprehensive)

- 1. Continue all above exercises
- 2. Begin gentle AAROM flexion to 140° if clinical situation is stable
 - a. Supine Cane flexion
 - b. Supine AAROM with therapist assistance or with hands clasped
- 3. Begin pulley for flexion to tolerance
- 4. Begin submaximal isometrics ER, and flex (week 3 4)
- 5. Begin flexion and ABD on slide board or table to tolerance

Phase II - Active Motion Phase (Weeks 6 - 12)

A. Week 6 - 8 AROM

- 1. Establish full PROM
- 2. Begin AROM
 - a. Supine flexion to patient tolerance
 - b. Progress to seated (or standing) flexion with a stick
 - c. Seated flexion with elbow bent and arm close to the body
 - d. Perform ER and ABD with hands behind head
 - e. Sidelying ER (pain-free)
 - f. Serratus Punches
- 3. Begin Extension and IR: (PROM, AROM and Isometrics)



- 4. Begin multi-angle isometrics
- 5. Continue PROM and begin gentle patient self-stretching (**week 7-8**)
 - a. Flexion: put hand on wall or top of door
 - b. ER: hold onto door jam and twist
 - c. IR: use good arm to pull affected arm into IR

B. Week 8 - 10 Early Resisted ROM

- 1. Begin Theraband for IR, ER, flexion, ABD, and extension
- 2. Begin supine IR, ER with 1# (arm supported at 15° ABD) (pain-free)
- 3. Begin UBE with no resistance
- 4. Prone Ext and ABD (pain-free)
- 5. Progress to adding weight to above exercises **only if pain-free**
- 6. Biceps / Triceps strengthening with dumbbells

<u>Phase III – Aggressive Stretching and Strengthening Phase</u> (beginning week 12)

- 1. Isotonic strengthening with weights all directions
- 2. Increase theraband or use rubber tubing
- 3. Increase stretches on door and add prone stretches
- 4. Begin functional or sport activity for strength gain

By signing this referral, I certify that I have examined this patient and physical therap medically necessary. This patient wouldwould not benefit from social services.		
	Date:	
Bryan M. Saltzman, MD		