



575 South 70<sup>th</sup> Street  
Suite 200  
Saint Elizabeth Medical Plaza  
Lincoln, Nebraska 68510-2471

Toll-Free (888) 488-6667  
(402) 488-3322  
Fax (402) 488-1172  
[www.nebraskaortho.com](http://www.nebraskaortho.com)

Patrick E. Clare, M.D. - Emeritus  
Ronald O. Schwab, M.D. - Emeritus  
Donald J. Walla, M.D.  
Thomas M. Heiser, M.D.  
Daniel R. Ripa, M.D.

Robert W. Dugas, M.D.  
David J. Clare, M.D.  
James W. Gallentine, M.D.  
Steve J. Volin, M.D.

Justin D. Harris, M.D.  
Scott A. Swanson, M.D.  
Daniel B. Cullan II, M.D.  
Aaron M. Bott, M.D.

Joseph P. Mulka, M.D., Ph.D.  
Sukchan Lee, M.D.  
Dane C. Todd, M.D.  
David P. Heiser, M.D. - consulting

## Proximal Humerus Fracture – Non Operative

Dane Todd, MD

### Begin physical therapy 2 weeks after the injury

#### 0-2 Weeks – No weight bearing

- Begin early motion of the elbow, wrist, and hand
- Wear Sling when not performing exercises
- No shoulder motion

#### 2-4 Weeks – No weight bearing

- Begin formal physical therapy
- No cuff strengthening
- Pendulums, home program, postural correction
- Scapular Retraction and depression
- discontinue arm sling at 4 weeks

#### 5-8 Weeks – Ok to lift a coffee cup

- Self assisted forward elevation with pulleys
  - To 90 degrees, progress in 20 degree increments per week
- Self assisted external rotation
- No internal rotation behind the back
- No cuff strengthening

#### 9-12 Weeks – Ok to lift 5 pounds

- Full forward elevation and External Rotation
- Begin Internal Rotation behind the back
- Posterior capsular stretching
- Isometrics for rotator cuff strengthening and deltoid strengthening

#### 12+ Weeks

- No restrictions

Physical therapy to evaluate and treat for proximal humerus fracture using the above protocol. 1-2x per week for 12 weeks. Modalities as needed.

Dane Todd, MD