

Adam Cien, DO

REHABILITATION GUIDELINES FOR PROXIMAL HUMERUS FRACTURE (NON-OPERATIVE)

PHASE I (1-3 WEEKS)

Appointments	No PT for 3 weeks, unless otherwise specified by Dr. Cien Follow-up appointment with Dr. Cien at 2 weeks
Rehabilitation Goals	<ul style="list-style-type: none"> • Modalities to control pain and swelling • Protect fracture site • Maintain ROM in surrounding joints • Prevent deconditioning
Precautions	<ul style="list-style-type: none"> • ROM and WB'ing limitations per Dr. Cien • Sling at all times x 3 weeks • No cuff strengthening
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • AROM cervical, elbow, wrist and hand • Scapular clocks, shrugs, pinches, PNF
Cardiovascular Exercises	<ul style="list-style-type: none"> • Bike in sling, walking on treadmill in sling
Progression Criteria	<ul style="list-style-type: none"> • X-ray evidence of healing • Clearance from Dr. Cien to begin PT

PHASE II (3-6 WEEKS)

Appointments	<ul style="list-style-type: none"> • Begin physical therapy at 3 weeks post injury if cleared by Dr. Cien • Physical therapy 1-2 x/week
Rehabilitation Goals	<ul style="list-style-type: none"> • Regain full ROM • Restore GH and scapula-thoracic rhythm • Minimize deconditioning • Modalities to control pain and swelling