

After Your Proximal Humerus Fracture Surgery

Dr. Paul Nielsen

Dressings and Wound Care

- After surgery you will have a waterproof dressing over your incision
 - This stays on until follow up in clinic
 - You can shower over the Mepilex dressings

Pain Medicine

- NSAIDs such as ibuprofen or naproxen are recommended to improve pain after surgery in addition to prescription pain medication
- You will be prescribed a strong pain medication, such as hydrocodone and oxycodone, to control your pain after surgery
 - Valium is also prescribed to help with muscle spasms
 - You are allowed to drive when you are not taking prescription pain medication

Activity

- Use the sling except exercises, showering, and putting on clothes
- No lifting over 2 pounds with the arm you had surgery on
- Move your hand, wrist, and elbow joints immediately after surgery
- Exercises
 - Do shoulder pendulum and table slide exercises at least 3 times a day after surgery (see next page for pictures)
 - Passive exercises: use your uninjured arm to help the injured shoulder move forward to be at least level with the floor and rotate out to the side

Follow-Up Care

- You will have an appointment in clinic 10-14 days after surgery
 - Additional appointments are at 6, 12 and 20 weeks after surgery
- Formal therapy is usually started at 2 weeks after surgery

Results

- Full use is normally allowed 12 weeks after surgery
- Soreness often persists for 6-12 months after surgery
- Stiffness is common after this injury even with surgery to fix it
 - Most patients are able to regain use for normal daily activities
- The plate and screws normally stays in permanently

Exercises Immediately After Proximal Humerus Fracture Surgery (0-2 Weeks)

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Shoulder Pendulums (Codman's)

- Lean over either standing or in a chair with the repaired arm hanging freely
- Move your body in a gentle circular motion so that your arm rotates
 - Try to use your body to make the shoulder move, not the strength of your shoulder

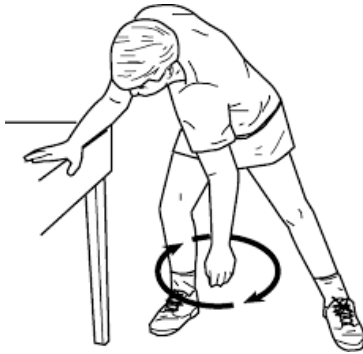


Table Slides

- Rest your hand on the table to start
- Slowly “walk” your hand forward on the table to move your shoulder forward
 - Keep the entire forearm resting on the table to avoid over-using the shoulder
- Then “walk” your hand back towards you until your elbow is at your side again

