

Proximal Humerus Nonoperative Rehab Protocol

Dr. Nielsen

0-1 weeks

- Sling or immobilizer
 - May use hand with elbow at side up to 2 pounds
- ROM
 - Codman's
- No active range of motion at shoulder
- Encourage hand/wrist/elbow ROM

1-2 weeks

- Sling or immobilizer
 - May use hand with elbow at side up to 2 pounds
- ROM
 - Codman's
 - Table slides
- No active range of motion at shoulder
- Encourage hand/wrist/elbow ROM

2-4 weeks

- Sling or immobilizer
 - May use hand with elbow at side up to 2 pounds
- ROM
 - Codman's
 - Table slides
 - Passive ROM to forward flexion of 90, external rotation of 30 as tolerated

4-6 weeks

- Sling or immobilizer
 - May use hand with elbow at side up to 2 pounds
- ROM
 - Codman's
 - Table slides
 - Passive ROM to forward flexion of 140, external rotation of 60, abduction of 90 as tolerated

6-12 weeks

- Sling discouraged
- ROM
 - Aggressive passive and active ROM
 - Gentle strengthening if ROM regained well

12-16 weeks

- Strengthening may be started if patient desires
- May discontinue formal therapy when stable on home exercise program

16+ weeks

- No restrictions