

Rehabilitation Protocol: Proximal Humerus / Scapula Fracture Repair

Phase 1 (Weeks 0-4)

- **Sling:** Sling +/- supporting abduction pillow (if prescribed) to be worn at all times except for showering and rehab under guidance of PT
- **Range of Motion:** True Passive Range of Motion Only to Patient Tolerance
 - Goals: 140° Forward Flexion, 40° External Rotation with elbow at side, 60-80° Abduction without rotation, Limit Internal Rotation to 40° with the shoulder in the 60-80° abducted position
 - Maintain elbow at or anterior to mid-axillary line when patient is supine
- **Therapeutic Exercises:** No canes or pulleys during this phase
 - Codman Exercises/Pendulums
 - Elbow/Wrist/Hand Range of Motion and Grip Strengthening
 - Isometric Scapular Stabilization
- Heat/Ice before and after PT sessions

Phase 2 (Weeks 4-8)

- **Sling:** Discontinue sling immobilization at 4 weeks post-op
- **Range of Motion**
 - Begin independent AAROM → AROM as tolerated
- **Therapeutic Exercises**
 - **4-6 weeks:** Begin gentle therapist-directed AAROM exercises (supine position), gentle joint mobilizations (grades I and II), continue with Phase I exercises
 - **6-8 weeks:** Progress to active exercises, shoulder flexion with trunk flexed to 45° in upright position, begin deltoid and biceps strengthening
- Modalities per PT discretion
- Begin use of stationary bicycle/trainer

Phase 3 (Weeks 8-10)

- **Range of Motion:** Progress to full AROM without discomfort
- **Therapeutic Exercises**
 - Continue with scapular strengthening; Continue and progress with Phase II exercises
 - Begin Internal/External Rotation Isometrics
 - Stretch posterior capsule when arm is warmed-up
- Modalities per PT discretion
- Begin use of elliptical trainer

Phase 4 (Weeks 10-26)

- **Range of Motion:** Full without discomfort
- **Therapeutic Exercises:** Advance strengthening as tolerated: isometrics → therabands → light weights
 - 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
- Modalities per PT discretion
- Return to sports when approved by Dr. Gross