

Physical Therapy Prescription Proximal Humerus Fracture – Non-Operative

Patient Name:

Today's Date:

Dx: s/p (LEFT / RIGHT) Proximal Humerus Fracture

1-6 WEEKS POST-INJURY:

- Passive range of motion of the shoulder:
 - Pendulum exercises
- Modalities, Cryocuff / Ice, prn
- Hand, Wrist, Elbow, PRE's

6-8 WEEKS POST-INJURY:

- Continue Pendulums, passive supine elevation, passive ER
- Active-Assisted ROM:
 - Scapular plane elevation to 160°
 - Pulleys as motion improves
- Begin Internal Rotation as tolerated.
- Begin Scapular strengthening program, in protective range
- Physioball Scapular stabilization (below horizontal)
- Isometric exercises:
 - Deltoid isometrics
 - Submaximal ER/IR isometrics at neutral
- Isotonic exercises for Scapular stabilizers, Elbow
- Modalities as needed

8-12 WEEKS POST-INJURY:

- Begin Theraband IR / ER week 6
- Use towel to increase IR
- ROM activities, emphasize flexion. Gentle passive stretch.
- Deltoid isometrics at 30° elevation
- Deltoid isotonic in plane of Scapula, only after positive Rotator Cuff strength is determined (especially forward flexion)
- Continue with Scapular PRE's.
- Biceps PREs
- Upper body Ergometer
- Continue with modalities, prn.
- Restore full ROM by 12 weeks

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks Home Program

**Please send progress notes.

Physician's Signature: _____ **M.D.**