



Town Center

ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
Reston, Virginia 20190
O: 703-435-6604 F: 703-662-4506

Post-operative Protocol: Proximal Humerus Fracture

- Keep sling on at all times except hygiene and elbow motion/pendulum exercises until follow up. OK for elbow/wrist/hand exercises.
- 10-14 day follow up: remove dressing. Repeat x-rays.
- 2-6 weeks: start supine passive assisted ROM FE:120, ER:30. No active shoulder motion. Lift <2lb
- 6-10 weeks: Repeat x-rays. Wean out of sling and start active ROM. Advance to phase 2 stretching (assisted extension, assisted internal rotation, cross body adduction) and phase 1 strengthening (with resistance bands: internal rotation, external rotation, extension, flexion, abduction). Start resistance bands, isometric strengthening. Continue stretching until ROM is normal. Lift < 5lb. Can drive.
- 10 weeks on: continue resistance bands, weight training supine and gradually sit up, gradually go back to sports
- No push up, bench press, deadlift, lifting overhead > 20lb until at least 4 months.
- Return to work with limited duty at 2-3 months, full duty 4-6 months, Contact sports > 4 months
- Repeat x-ray at 6 months