Proximal Humerus Fracture Nonoperative Rehab Protocol Prescription

Patient Name: __________________________ Date: _______________

Diagnosis: Proximal Humerus Fracture R / L Shoulder

Number of visits each week: 1 2 3 4

Treatment duration __________ weeks

Healing Phase (weeks 1-4 post injury)
Sling immobilizer may be d/c’ed after 3 weeks
Gentle shoulder PROM
Scapular “pinches”
AROM elbow and wrist
Modalities as indicated
Daily HEP

Functional Rehab Phase (4 weeks after injury)
Begin to progress weight bearing as tolerated
May progress gentle PROM
May initiate active assisted and active range of motion – progress as tolerated
Restore scapulothoracic and glenohumeral rhythm
Rotator cuff and scapular stabilizer strengthening program
Modalities as indicated
Daily HEP

Maintenance Phase
Continue all therapy exercises from previous phase
Continue strengthening program with progressive increase in resistance
Functional and ADL specific training
Phase out supervised rehab
Advance home strengthening program to be done daily

ADDITIONAL COMMENTS:________________________________________________________
Concerns or questions:
Duncan (clinical nurse specialist – Dr. Kaar) at (314) 577-8525 / email: dmchardy@slu.edu
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Physician Signature: