

Shoulder Humeral Fracture Non-Operative Protocol

| Phase 1 | Initial Injury |
|--|---|
| Suggested Therapeutic Exercise/Treatment | <ul style="list-style-type: none"> • Sarmiento/cuff and collar splint will be made by OT • Digit, wrist, and forearm AROM • Ice • Edema management • Educate in ADL/IADL modifications for dressing and bathing • Appropriate for arm to hang at the side, but no AROM of shoulder and elbow at this time during ADL/IADL's |

| Phase 2 | 1 to 4 weeks |
|--|--|
| Appointments | <ul style="list-style-type: none"> • Physician visit for imaging • OT for splint adjustments and monitoring edema/ROM as needed 1x/week |
| Precautions | <ul style="list-style-type: none"> • No lifting • No forced ROM • Splint on at all times except bathing and ROM with OT |
| Suggested Therapeutic Exercise/Treatment | <ul style="list-style-type: none"> • Begin pain free wrist isometrics • Begin gentle grip strengthening • Continue elbow ROM (active and active assisted flexion, extension, pronation and supination) • Ice as needed |

| Phase 3 | 4 to 6 weeks |
|--|---|
| Appointments | <ul style="list-style-type: none"> • Physician visit for imaging • Continue with OT 1-3x/week |
| Suggested Therapeutic Exercise/Treatment | <ul style="list-style-type: none"> • Pain free shoulder AAROM/AROM (per physician clearance) • Pendulums • Increase ROM gradually – No forced ROM • Begin shoulder and elbow active assisted ROM • Begin light wrist strengthening • Begin scapular strengthening • Continue with splint until physician clearance |

Shoulder Humeral Fracture Non-Operative Protocol

| Phase 4 | 6 to 8 weeks |
|--|--|
| Suggested Therapeutic Exercise/Treatment | <ul style="list-style-type: none"> • Discontinue splint between 6-8 weeks (MD directed) • Continue to restore functional ROM • Begin PROM to elbow and shoulder • Elbow, shoulder isometrics • Begin light elbow strengthening • Cardiovascular exercises as tolerated |

| Phase 5 | 8 to 10 weeks |
|--|---|
| Suggested Therapeutic Exercise/Treatment | <ul style="list-style-type: none"> • Progress upper extremity strengthening • Continue UBE for endurance training |

| Phase 6 | 10 to 12 weeks |
|--|---|
| Suggested Therapeutic Exercise/Treatment | <ul style="list-style-type: none"> • Continue aggressive upper extremity strengthening • Begin plyometric program (must have good strength base and be pain free) • Restore normal flexibility • Continue endurance training • May begin light sports activity (swimming) • Manual resistance diagonal patterns |