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Nonoperative Proximal Humerus Fracture Physical Therapy Protocol

0-3 weeks: Sling at all times except hygiene
Maintain motion of wrist, elbow and hand
Wrap arm and hand with ace wrap to minimize swelling
Okay to use arm to type, eat, and write

3-6 weeks: Sling at all times except hygiene
Begin physical therapy with gentle PROM and AAROM 0-90
No overhead motion.
Aggressive PROM not needed.
Okay to use arm for assistance with eating, typing

6-12 weeks:
Discontinue sling at 6-8 weeks
Okay for use of arm for general activities <2lbs at 6 weeks
Begin overhead motion and AROM as tolerated
Rotator cuff and deltoid isometrics
Gentle PROM only, forceable PROM only once radiographically and clinically healed

12-16 weeks:
Begin strengthening, progress to overhead strengthening