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SHOULDER/PROXIMAL HUMERUS FRACTURE PROCEDURE POSTOPERATIVE PROTOCOL

0-2 Weeks

- Sling immobilization is utilized for 6 weeks - the sling is only removed for hygiene, showering and therapy
- No shoulder motion
- Begin active motion of the elbow, wrist and hand
- Return visit to the office for a 2 week visit

2-4 Weeks

- Sling immobilization is utilized for 6 weeks - the sling is only removed for hygiene, showering and therapy
- Begin Codman/Pendulum exercises
- Continue active motion of the elbow, wrist and hand

4-6 Weeks

- Sling immobilization is utilized for 6 weeks - the sling is only removed for hygiene, showering and therapy
- Continue Codman/Pendulum exercises
- Begin passive and active-assisted shoulder range of motion with no motion restrictions
- Continue active motion of the elbow, wrist and hand
- No shoulder strengthening exercises
- Return visit to the office for a 6 week visit

6-12 Weeks

- Discontinue sling immobilization
- Active range of motion of elbow, wrist and hand
- Begin active shoulder range of motion in all planes with no motion restrictions - Progress to regain full range of motion
- Begin Deltoid, Rotator Cuff, Periscapular, Biceps and Triceps muscle strengthening exercises - Advance strengthening exercise as tolerated
- Return visit to the office for a 12 week visit

3-6 Months

- Continue active range of motion of elbow, wrist and hand
- Continue active shoulder range of motion in all planes with no motion restrictions and maintain full range of motion
- Continue Deltoid, Rotator Cuff, Periscapular, Biceps and Triceps muscle strengthening exercises - Advance strengthening exercise as tolerated
- Return visit to the office for a 6 month visit

This protocol represents an overview of the standard postoperative course. Each patient's medical condition is unique, and thus, variations may be needed to tailor the rehabilitation protocol to optimize recovery.