

**Bonnie P. Gregory, MD**  
**Non-Operative Greater Tuberosity Fracture Protocol**

	<b>Range of Motion</b>	<b>Sling</b>	<b>Exercise/Strength</b>
<i>Weeks 1-3</i>	<b>No ROM</b>	Sling for 3 weeks	Wrist and hand exercises
<i>Weeks 3-6</i>	Begin <b>FULL ROM</b> <b>PROM→AAROM→AROM</b>	Sling as needed for comfort only	Pendulums and active assisted exercises
<i>Weeks 6-12</i>	Full ROM	No Sling	Active Exercises
<i>Weeks 12-ON</i>	Full ROM	No Sling	Begin functional return to sport exercises once cleared by MD

❖ Once painless shoulder function has been achieved and strength has returned, and an athlete has completed the return to play rehab, then an athlete may return to play.



For any questions or concerns regarding the protocol or rehabilitation process please contact:

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