

Bonnie P. Gregory, MD
Non-Operative Proximal Humerus Fracture

| | Sling | ROM | Exercises |
|---|--------------------------------|---|---|
| <i>Phase 1 0-4 Weeks</i> | Sling at all times for 4 weeks | Elbow/wrist/hand full unrestricted ROM | Scapular pinches Pendulums |
| <i>Phase 2 4-12 Weeks</i> | D/C sling | Start gentle shoulder PROM Progress gentle ROM as tolerated PROM→AAROM→AROM | Scapulothoracic and glenohumeral rhythm exercises Rotator cuff strengthening Scapular stabilizing exercises |
| <i>Phase 3 12 Weeks – Return to Sport</i> | No sling | Full | Continue to progress exercises from phase 2 Functional RTS exercises |

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

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