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Non-Operative Proximal Humerus Fracture Protocol

	Sling	Range of Motion	Exercise/Strength
Phase I: Weeks 0-4	Sling at all times for 4 weeks	Elbow, wrist, hand, full unrestricted ROM	<ul style="list-style-type: none"> • Scapular pinches • Pendulums
Phase II: Weeks 4-12	Discontinue sling	<ul style="list-style-type: none"> • Start gentle shoulder PROM • Progress gentle ROM as tolerated PROM → AAROM → AROM	<ul style="list-style-type: none"> • Scapulothoracic and glenohumeral rhythm exercises • Rotator cuff strengthening • Scapular stabilizing exercises
Phase III: Weeks 12+	No sling	Full ROM	<ul style="list-style-type: none"> • Continue to progress exercises from phase 2 • Functional return to sport exercises

This protocol is to be used as a guide; please use clinical decision-making regarding patient progression based on individual's progress, exam, and therapy course. If any questions, please contact Dr. Tauberg.