



## **NONOPERATIVE REHABILITATION OF PROXIMAL HUMERUS AND GREATER TUBerosITY AVULSION FRACTURES**

***Please note:** This document is intended to provide guidelines for the postoperative rehabilitation of a patient who have suffered a nonoperative fracture of the proximal humerus, or greater tuberosity avulsion fracture. The intent of this protocol is to not to supplant the decision making of the clinician, but to suggest a structure and progression of rehabilitation.*

*If the clinician requires assistance in the progression of a postoperative patient, please contact Dr. O'Donnell's office.*

### **SUMMARY:**

- Sling x4 weeks, Nonweight bearing of the upper extremity for 4 weeks
- Gentle pendulums starting weeks 3-4
- PROM beginning weeks 4-8
- AAROM advanced from weeks 8-12
- Strengthening beginning week 12+
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### **PHASE I: CONSOLIDATION PHASE (Weeks 0-4 post fracture):**

#### Goals:

- Control pain and edema
- Protect fracture site
- Minimize deconditioning
- Maintain range in joints around the effected region (wrist, hand, and neck) Prevent glenohumeral adhesive capsulitis and muscle flexibility deficits

#### Intervention:

- Modalities: such as TENS and ice, for pain control
- Splint/Sling as direct by MD
- Monitor use and weight bearing instructions per MD
- Cardiovascular conditioning
- Gentle range of motion exercises of the neck, wrist, and hand
- Gentle pendulum exercises starting week 3-4

**PHASE II: EARLY PROM PHASE (Weeks 4-8):** When pain has diminished and the patient is less apprehensive.

Goals: Same as above

Intervention: in addition to above

- Passive forward elevation of the shoulder
- Passive external rotation of the shoulder

**PHASE III: EARLY ACTIVE-ASSISTED MOTION (Weeks 8-12):**

Goals:

- Continue to control pain and edema as needed
- Minimize deconditioning
- Regain full range of motion
- Prevent muscle atrophy

Intervention:

- Pendulum
- Active assistive forward elevation
- Active assistive external rotation
- Advance to AROM as pain allows
- Gripping exercises

**PHASE IV: ACTIVE MOTION (Weeks 12-16)**

Goals:

- Regain full Range of motion
- Regain strength

Intervention:

- Resistive exercises: standing forward press, theraband resisted (flexion, internal rotation, external rotation and abduction) exercises, and rowing
- Self stretching: flexion/abduction combined, internal rotation, flexion, abduction/external rotation combined, bilateral hanging stretches
- Advanced internal rotation, shoulder flexion, external rotation and horizontal abduction stretching



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