



ORLANDO HAND SURGERY ASSOCIATES
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Proximal Humerus Nonoperative

1-3 weeks:

Sling: To be used at all times except bathing

Precautions:

- No AROM, lifting/pushing/pulling/carrying x 6 weeks
- No supporting of body weight and no cuff strengthening

Motion:

- AROM cervical spine, elbow, wrist and hand

3-6 weeks:

Sling: Can start to wean sling as tolerated

Precautions:

- No AROM, lifting/pushing/pulling/carrying x 6 weeks
- No ER >40 degrees, forward flexion > 90 degrees or excessive extension
- No supporting of body weight and no cuff strengthening
- No IR behind back and no cross body adduction

Motion:

- Start PROM and Active assist ROM of shoulder with forward flexion to 90 deg, ER to 40 deg and 10 extension



- Scapular clocks: elevation, depression, retraction, protraction
- Pendulums (Codman's)
- Incision mobilization
- Gripping exercises
- Submaximal RTC isometrics in neutral for IR, ER, Ext and Abd
- Cervical, hand, wrist, elbow AROM – thumb to shoulder, make fist

6-8 weeks:

Precautions:

- Allowed full PROM, AAROM and ROM without substitution
- No lifting/pushing/pulling/carrying >5lbs
- No ER >40 degrees
- No supporting of body weight

Motion:

- Begin with supine AROM flexion, no weights and progress to weights
- Standing wand assisted flexion
- Pulleys with eccentric lowering of involved arm
- Progress all other AROM, supine first then standing
- Continue other exercises as above



10+ weeks:

Motion:

- No restrictions
- Emphasize posterior capsular stretching
- Isotonic exercises for RTC, scapular muscles
- Theraband rows, ER, IR, shoulder extension
- Progressive strengthening program using bands, light dumbbells for RTC, deltoid and scapula
- Prone scapular strengthening
- Begin overhead exercises (if no impingement)
- Progressive return to full motion in all planes

Please call with questions or concerns at the phone number above.