

Proximal Humerus Fracture Advanced Postoperative Protocol

Immediate Postoperative Instructions

- **Activity:** Keep the sling on, remove only for hygiene and exercises. You may allow your arm to hang in order to extend your elbow.
- **Dressing:** You may remove the dressing in 1 week and allow the wound to get wet in the shower. Change dressing if saturated.
- **Shower:** You may shower with the waterproof dressing. Do not submerge in water until 2 weeks after your surgery.
- **Follow-Up Appointment:** If not already scheduled, call (402) 609-3000 tomorrow to schedule your appointment in the next 1-2 weeks.
- **Questions:** If you have any questions or concerns, call us at (402) 609-3000.

Postoperative Plan

Sling Use

- Sling for 2 weeks except for hygiene and exercises as outline below
- May remove for showers/dressing

Activity

- Permitted Immediately: Computer, eating, holding a book, typing, writing
- 12 Weeks: Golf (chip and put only)
- 4 Months: Golf (full swing)
- 6 Months: Tennis

Physical Therapy Protocol

Phase I: Weeks 0-2

- Sling at all times except for hygiene and exercises
- Full passive range of motion to fingers, wrist, and elbow
- Pendulum exercises to shoulder only

Phase II: Weeks 2-8

- Wean from sling
- Start formal outpatient physical therapy, **Full active and passive motion**
 - Forward elevation: Full
 - External Rotation: Full
 - Internal Rotation: Belt line
- Initiate lawn chair active forward elevation program

Phase III: Weeks 8+

- Start resistance training, gradually increasing (starting with light weights, high repetitions)
- Continue gentle stretching
 - Forward elevation: Full
 - External Rotation: Full
 - Internal Rotation: Full