

Physical Therapy Prescription

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Proximal Humerus Fracture Non-operative Protocol

Date of Injury:

Side: Right Left

Phase	Goals	Precautions	Exercises
Phase 1: Weeks 0 - 4	Edema and pain control Protect Fracture	Sling for comfort OK to remove for showers and exercises	Codman and Pendulum Scapular stabilization Elbow, wrist, hand ROM
Phase 2: Weeks 5 - 8	Increase ROM in safe zone Progressive IR/ER as tolerated	DC Sling Progress based on healing Avoid forceful pushing/pulling/lifting above horizontal	Advance scapular stabilization exercises Improve scapulohumeral rhythm below 90° Progress A/AROM/PROM below FF 100, ABD 100 Begin RTC isometrics
Phase 3: Weeks 9 - 12	Full ROM Normalize scapulohumeral rhythm throughout ROM	Avoid painful ADL's. / rotator cuff inflammation	Progress AA/PROM to FF 155°, ABD 135°, ER 45°, ABER 90°, ABIR 45° AROM in the plane of the scapula (supine → standing) Scapular PRES Advance scapulohumeral rhythm
Phase 4: Weeks 12+	Strengthening Return to activity/spot	None	Begin resistive strengthening for scapula, biceps, triceps, and rotator cuff once ROM 75% Capsular stretching

Treatment: 1-2 2-3 times per week for ___ weeks. Home Program
 Modalities PRN (Ultrasound/ Phonophoresis/E-stim/Ice/Heat)

Physician's Signature: _____

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