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Non-Operative Greater Tuberosity Fracture Protocol

	Range of Motion	Sling	Exercise/Strength
Weeks 1-3	<ul style="list-style-type: none"> • No shoulder ROM • Elbow, wrist, hand ROM 	Sling at all times for 3 weeks	Elbow, wrist, and hand exercises
Weeks 3-6	<ul style="list-style-type: none"> • Begin FULL ROM PROM → AAROM → AROM	Sling as needed for comfort only	Pendulums and active assisted exercises
Weeks 6-12	Full ROM	No sling	Active Exercises
Weeks 12+	Full ROM	No sling	Begin functional return to sport exercises once cleared by MD

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.



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SURGERY ASSOCIATES, P.C.