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## Non-Operative Proximal Humerus Fracture Protocol

	Sling	Range of Motion	Exercise/Strength
<b>Phase I: Weeks 0-4</b>	Sling at all times for 4 weeks	Elbow, wrist, hand, full unrestricted ROM	<ul style="list-style-type: none"> <li>• Scapular pinches</li> <li>• Pendulums</li> </ul>
<b>Phase II: Weeks 4-12</b>	Discontinue sling	<ul style="list-style-type: none"> <li>• Start gentle shoulder PROM</li> <li>• Progress gentle ROM as tolerated</li> </ul> <p style="text-align: center;">PROM → AAROM → AROM</p>	<ul style="list-style-type: none"> <li>• Scapulothoracic and glenohumeral rhythm exercises</li> <li>• Rotator cuff strengthening</li> <li>• Scapular stabilizing exercises</li> </ul>
<b>Phase III: Weeks 12+</b>	No sling	Full ROM	<ul style="list-style-type: none"> <li>• Continue to progress exercises from phase 2</li> <li>• Functional return to sport exercises</li> </ul>

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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