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**Proximal Humerus Fracture Nonoperative Rehab Protocol Prescription**

**Patient Name:**

**Date:**

**Diagnosis:** *Proximal Humerus Fracture R / L Shoulder*

Number of visits each week: 1 2 3 4

Treatment duration \_\_\_\_\_ weeks

**Healing Phase (weeks 1-4 post injury)**

Sling immobilizer may be d/c'ed after 3 weeks

Gentle shoulder PROM

Scapular "pinches"

AROM elbow and wrist

Modalities as indicated

Daily HEP

**Functional Rehab Phase (4 weeks after injury)**

May progress gentle PROM

May initiate active assisted and active range of motion – progress as tolerated

Restore scapulothoracic and glenohumeral rhythm

Rotator cuff and scapular stabilizer strengthening program

Modalities as indicated

Daily HEP

**Maintenance Phase**

Continue all therapy exercises from previous phase

Continue strengthening program with progressive increase in resistance

Functional and ADL specific training

Phase out supervised rehab

Advance home strengthening program to be done daily

ADDITIONAL COMMENTS: \_\_\_\_\_

**Concerns or questions:**

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**Physician Signature:**