

**UVA Orthopaedic Trauma  
Proximal Humerus Post-Operative Protocol**

**More information can be found about your injury at these websites:**

- Orthopaedic Trauma Association:  
<https://ota.org/for-patients/find-info-body-part/3831>
- American Academy of Orthopaedic Surgeons:  
<https://www.orthoinfo.org/en/diseases--conditions/shoulder-trauma-fractures-and-dislocations/>

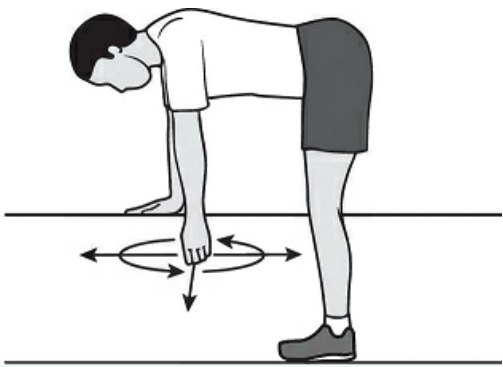
**2-6 weeks post-op**

**Instructions**

- Minimal weight bearing (1-2 lbs) with upper extremity
- Sling for comfort
- May shower normally (do not scrub skin or submerge in tub/pool/hot tub, etc...)
- Continue Aspirin 325 mg daily
- Work on elbow and wrist stretching, pendulums, active assisted range of motion and passive range of motion of the shoulder

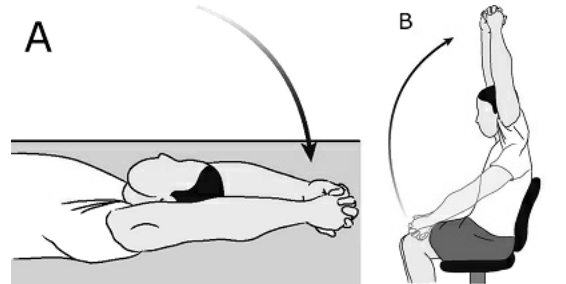
**Exercise Program**

- Regular exercises to restore motion and flexibility to your shoulder and a gradual return to your everyday activities are important for your full recovery.
- You should exercise for 10 to 15 minutes, 2 or 3 times a day during your early recovery period. In addition, remember to always use pain as your guide when exercising. Doing too much, too soon may delay healing.
- Unless otherwise noted, these can be done 3 sessions per day, 10 repetitions per session

<b>Pendulum, Circular</b>	
<ul style="list-style-type: none"><li>• Bend forward 90 degrees at the waist, placing your uninjured hand on a table for support.</li><li>• Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times. Keep your arm relaxed during the exercise. The circular movement should occur through your shoulder joint.</li></ul>	

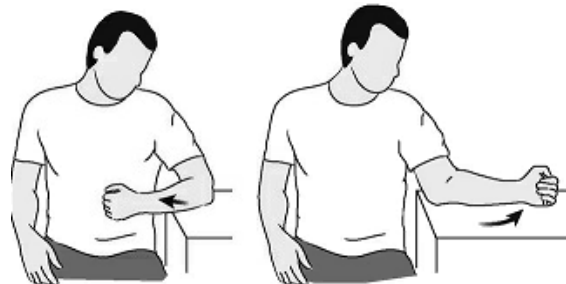
### Shoulder Forward Elevation (Assisted)

- This exercise can be done either lying down (A) or sitting down (B).
- Clasp hands together and lift arms above head. Keep your elbows as straight as possible.
- Maintain the elevation for 10-20 seconds, then slowly lower your arms.
- Slowly increase the elevation of your arms as the days progress, using pain as your guide.



### Supported Shoulder Rotation (Assisted)

- Keep elbow in place and shoulder blades down and together.
- Slide forearm back and forth, as shown.
- You can also perform this exercise using a stick or cane to assist your arm outwards (keeping your elbow at your side).




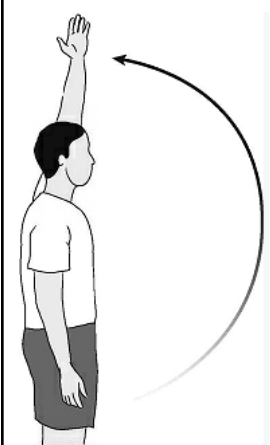
## 6-12 weeks post-op

### Instructions

- May weight bear as tolerated with upper extremity unless instructed otherwise by physician
- Discontinue sling
- Discontinue Aspirin 325 mg
- Begin outpatient physical therapy and/or advance home exercise program
- Add active shoulder range of motion exercises and progressive strengthening

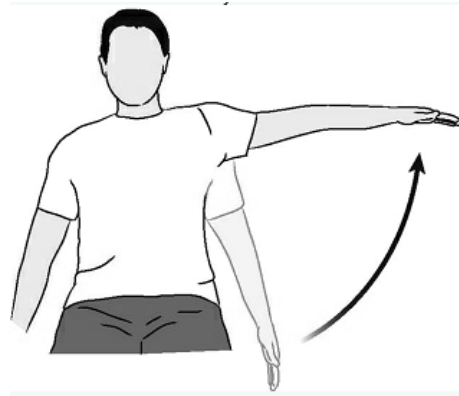
### Exercise Program

- Add active shoulder range of motion exercises and progressive strengthening
- Unless otherwise noted, these can be done 3 sessions per day, 10 repetitions per session

<b>Walk Up Exercise (Active)</b>	
<ul style="list-style-type: none"><li>• With elbow straight, use fingers to "crawl" up a wall or door frame as far as possible. Hold for 10-20 seconds.</li></ul>	
<b>Shoulder Forward Elevation (Active)</b>	
<ul style="list-style-type: none"><li>• Raise arm upward to point to ceiling, keeping elbows straight and leading with your thumb, as shown. Hold for 10 seconds.</li><li>• Tip: Avoid hiking or bringing up your shoulder blade. It may be beneficial to watch yourself do this exercise in front of a mirror.</li></ul>	

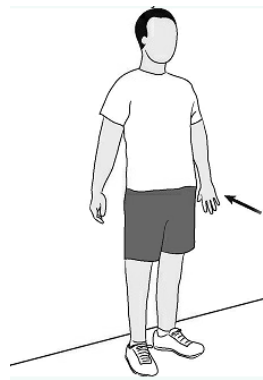
### Shoulder Abduction (Active)

- Raise arm out to side, with elbow straight and palm downward. Do not shrug your shoulder or tilt your trunk.
- Repeat only 3 times per session
- Note: This exercise may not be recommended after certain surgeries. Check with your surgeon or physical therapist to ensure that it is appropriate for you.



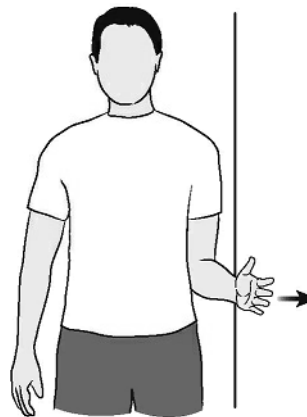
### Shoulder Extension (Isometric)

- Stand with your back against the wall and arms straight at your sides. Keeping your elbows straight, push your arms back into the wall. Hold for 5 seconds, and then relax.



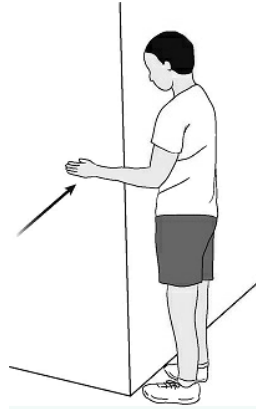
### Shoulder External Rotation (Isometric)

- Stand with the involved side of your body against a wall. Bend your elbow 90 degrees. Push the back of your hand slowly into the wall. Hold for 5 seconds, and then relax.



### Shoulder Internal Rotation (Isometric)

- Stand at a corner of a wall or in a door frame. Place your involved arm against the wall around the corner, bending your elbow 90 degrees. Push the palm of your hand into the wall. Hold for 5 seconds, and then relax.



### Shoulder Adduction (Isometric)

- Place a small pillow between your inner arm and the side of your chest, as shown. With your arm, squeeze the pillow against the side of your chest. Hold for 5 seconds, and then relax.



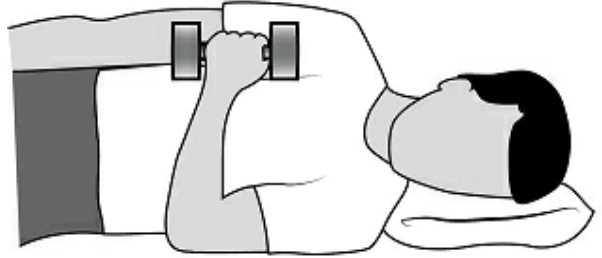
### Shoulder Abduction (Isometric)

- Resisting upward motion to the side, slowly and gently push your arm against the back of chair. Hold for 5 seconds, and then relax.



### Shoulder Internal Rotation (Strengthening)

- Lie on your involved side. Keep your elbow bent at 90 degrees. Holding a light weight (< 5 lbs), raise hand toward stomach. Slowly return.



### Shoulder External Rotation (Strengthening)

- Lie on your uninvolved side. Keep your elbow bent at 90 degrees. Holding a light weight (< 5 lbs), raise hand away from stomach. Slowly return.

