

Proximal Humerus Fractures

What Is It?

You have broken your shoulder. Your shoulder joint is a “ball and socket” and this is a fracture of the “ball” of the shoulder joint.



How to Treat It?

1. Non-Operative
 - immobilization (cuff & collar, sling)
 - just keep your elbow by your side
2. Surgery (plate and screws)
3. Surgery (shoulder replacement)

Treatment Considerations

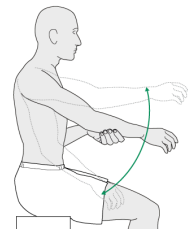
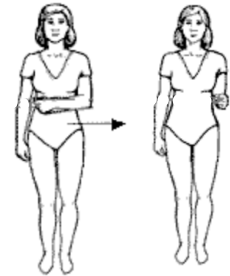
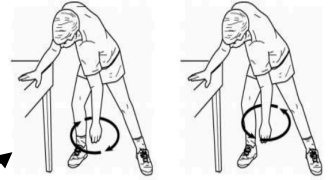
- Ice, ice, ice
- Sleeping upright
- You will have swelling and bruising down the arm, forearm and hand
- Keep moving your elbow, wrist, and hand range of motion as much as possible
- You will have less range of motion in this shoulder

Treatment Schedule

- First 2 weeks (doctor visit every week)
Sling/Cuff & Collar
- Weeks 2-6 (doctor visit every other week)
Start passive range of motion
Continue elbow, wrist and hand range of motion as tolerated
- Weeks 7-10 (one doctor visit)
Start active assisted range of motion to regain range of motion
- Weeks 10+ (one doctor visit)
Ok to start strengthening with weights/resistance

Motion/Physical Therapy (0-6 weeks)

1. Wrist, hand and finger motion at any time is ok. Keeping these moving will help with the swelling and bruising.
2. Come out of sling twice a day to work on elbow range of motion with the arm at your side. Ok to let arm hang.
3. Work on pendulum exercises twice a day (10 circles clockwise, 10 circles counterclockwise)
4. With your elbow by your side, rotate your hand from your belly straight forward.
5. Hold the elbow of your operative arm and passively elevate the arm to 120 degrees.
6. Ok to remove sling/cuff & collar as long as your elbow is by your side.



Motion/Physical Therapy (6+ weeks) - start physical therapy

1. Discontinue sling/cuff & collar
2. Start active-assisted range of motion (so your non-operative extremity is helping your operative extremity move). No restrictions to ROM.
3. After ~4 weeks, you can start strengthening with weights and resistance.