

(PROTOCOL #12) NON-OPERATIVE HUMERUS FRACTURE PROTOCOL

Jackson Orthopedic Specialists, P.L.L.C.
Robert M. Doane, M.D., P.C.
956 Cooper Street; Jackson, MI 49202
Phone: (517)787-3900 Fax: (517)787-4318
www.jacksonorthopedicspecialists.com
info@jacksonorthopedics.com

The following is a set of general guidelines. It is important to remember that each patient is different. The progression of the patient depends on many factors including age and medical health of the patient and physician preferences. Any bracing is discontinued **ONLY UNDER DIRECTION OF PHYSICIAN**.

PHASE	FUNCTIONAL PROGRESSION/ACTIVITIES	GOALS/ RESTIRCTIONS
Post-fx to 4 weeks	OT ONLY for ADL modifications	DASH questionnaire at time of evaluation and every 4 weeks Decrease pain Increase ROM to WFL *May have a fracture brace on. Inspect and adjust if necessary.
4 weeks	All of above including: Gentle supine stick, external rotation, forward flexion, CAD, and arm press with stick	6-8 Weeks bracing discontinued only upon direction of physician.
6 weeks	All of above including: Internal rotation up back Pendulums, pulley forward flexion and abduction Isometrics: deltoids (anterior, middle, posterior) biceps/triceps, scapular shrugs, retract, protract	
8 weeks	All of above including: AROM UBE	BRACING DISCONTINUED ONLY UPONE DIRECTION OF PHYSICIAN
10 weeks	All of above including: Theraband exercises 1-2 week period to progress; every other day to start Start internal/external rotation then add flexion/extension and then abduction Manual stretching if healed enough	Return patient to previous functional status. Progress to all 5 planes 45° arc after 2 weeks can do daily then progress to full arc

Refer to enclosed table for suggested exercises which optimize muscle function based on EMG activity.

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Approved By:

Physician reserves the right to adjust these protocols for each patient.

Signature: _____ Date: _____
Robert M. Doane, M.D., P.C.

Signature: _____ Date: _____
Balu Pisupati, PT

