

# Shoulder Fracture – Rehabilitation

| PHASE   | WEEK       | GOALS   | INSTRUCTIONS  |
|---|------------|---|---|
| <b>PHASE 1<br/>PROTECT TUBEROSITIES &amp;<br/>PREVENT STIFFNESS</b> | Weeks 0-2  | Pain control<br>Protect repairs   | Sling for first 4 weeks, analgesia as required<br>Physio education<br>Pendular shoulder exercises<br>Elbow/wrist/hand exercises   |
|   | Weeks 2-6  | Protect repair<br>Prevent stiffness<br>FF to 90, ER to neutral                  | Sling for first 4 weeks, then gradually wean<br>Supine PROM and AAROM (FF 90, ER 0)<br>Avoid active ABD, ER, IR<br>Shoulder shrugs and scapular retraction<br>Start hydrotherapy once wounds healed |
| <b>PHASE 2<br/>INCREASE ROM</b>                                     | Weeks 6-8  | AAROM<br>-FF 120, ABD 90, ER 20<br>-IR to LS junction                           | Out of sling<br>AAROM exercises<br>(wall walking, pulleys, stick exercises)<br>Continue hydrotherapy  |
|   | Weeks 8-12 | Improve ROM<br>Regain normal scapulo-thoracic patterning<br>Regain fitness      | Progressive AAROM and AROM<br>Continue scapulo-thoracic exercises<br>Recommence cardio fitness program (ideally machine based)  |
| <b>PHASE 3<br/>STRENGTHENING &amp;<br/>CONDITIONING</b>             | Months 3-4 | Confirm tuberosity union on XR<br>Achieve functional ROM<br>Start strengthening | Progressive cuff and peri-scapular conditioning<br>- start resistance exercises (Theraband +/- gym)<br>Unrestricted cardio fitness exercises  |
|   | Months 4-6 | Maintain ROM<br>Advance strength and conditioning                               | Swimming<br>Increased resistance exercises  |
| <b>PHASE 4<br/>RETURN TO UNRESTRICTED<br/>ACTIVITY</b>              | Months 6+  | Return to activities as tolerated<br>Ongoing XR follow up                       | Usual activities as tolerated<br>Continue previous exercises (increasing resistance)<br>Exclude osteonecrosis and post-traumatic OA   |