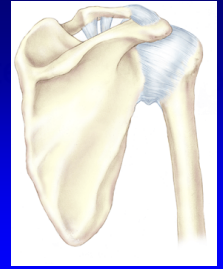


**DR. TERRY HAMMOND**

**SHOULDER SURGEON**



## ***PROXIMAL HUMERUS FRACTURES – REHABILITATION PRINCIPLES***

### 0-6 weeks

Collar and cuff to be worn at all times unless doing exercises.

Ensure adequate pain relief – may need to see me or GP for additional medication

Three times a day - come out of collar and cuff, extend elbow and hang arm down. Then lean forward to allow arm to swing away from body – ‘dead arm hang’. Passive movements only - no active pendulum circles. THIS MUST BE DONE VERY GENTLY TO AVOID DISPLACING THE FRACTURE

May wash armpit while arm hanging down.

Use this ‘dead arm hang’ for dressing

Must make sure patient performs full elbow flexion and extension range of motion exercises to stop elbow getting stiff

Encourage hand and wrist exercises



Dead Arm Hang

### > 6 weeks

Collar and cuff off after 6 weeks

Start using arm for gentle activities of daily living

Gently encourage range of motion exercises

Continue hand, wrist and elbow exercises

## GENERAL PRINCIPLES

Full recovery not expected for *at least* 8-12 months and patients often do not regain all movement

Reduce exercises if they cause prolonged pain