

Shoulder Fracture Fixation

Indications:

- *Proximal Humeral Fractures*
- *Clavicle fractures*
- *Scapula / Glenoid fractures*
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This protocol is based on maintaining range of movement in the first phase and then gradually building strength in the middle to the last phase.

Day 1 - 3 weeks

Arm Immobiliser

Wrist/hand/finger exercises

Elbow flex/ext, pro/supination

Shoulder girdle exercises

Scapula setting exercises

Passive ROM in all directions as tolerated - Do not force or stretch

3-6 weeks:

Gentle isometric exercises in neutral as pain allows

Wean off sling

Begin active assisted exercises ensuring glenohumeral movement, not scapulothoracic - Do not force or stretch

6 weeks +:

- *Progress to full active exercises in all ranges*
- *Begin rotator cuff strengthening (pain free)*
- *Closed chain exercise*
- *Begin stretching the capsule*
- *Begin proprioceptive exercises*

	Milestones	
4 Weeks	50% pre op passive ROM	
6 Weeks	Passive ROM equal to pre op level	Passive ROM 50% of pre op level
12 Weeks	Active ROM equal to pre op level	Passive ROM equal to pre op level

Any acute loss of active movement should be referred to the next shoulder clinic

Return to functional activities

Driving	8 - 12 weeks
Swimming	Breaststroke: 6 - 12 weeks
Golf	3-6 Months
Lifting	Light lifting can begin at 6 weeks. Avoid lifting heavy items for 6 months.
Return to work	Sedentary job: 6 weeks Manual job: Guided by Surgeon