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**SHOULDER HEMIARTHROPLASTY FOR PROXIMAL HUMERUS FRACTURE
POST-OPERATIVE PHYSICAL THERAPY PROTOCOL**

WEEKS 0-4:

- Sling use all times, except TID HEP elbow stretching and PT
- Pendulums
- ROM and progressive strengthening: elbow, wrist, fingers, hand
- Scapular exercises-shrugs, squeezes, and PNF
- Modalities for pain and swelling

WEEKS 4-6:

- Continue as above
- PROM (supine): scapular plane elevation up to 90 degrees
- ER (supine): scapular plane to 20 degrees

WEEKS 6-8:

- Continue as above
- PROM: FE and ER in scapular plane to as tolerated
- Pulleys as tolerated

WEEKS 8-10:

- Continue as above
- AAROM as tolerated
- Training in activities of daily living

WEEKS 10-16:

- Continue as above
- Begin rotator cuff strengthening exercises
- Scapular stabilizing exercises
- Elastic band ER/IR with arm at side
- No UBE or weights for 3 months post-op