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**New York, NY 10021**

**REHAB PROTOCOL: Humeral Shaft Fracture Non-op**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Phase I: 0-6 weeks**

1. Sarmiento brace
2. Non-weight bearing to operative extremity
3. Patient encouraged to move fingers and through full range of motion
4. Elevation and ice encouraged for edema control.
5. Elbow flexion- active with brace on

**Phase II: 7-12 weeks**

1. Continue non-weight bearing activities: May type and write. No lifting, pushing, pulling, or driving/ operating
2. Wean off the Sarmiento brace
3. Wrist and hand-active range of motion
4. Shoulder: Passive and active assisted or active ROM in forward elevation; avoid rotation and excessive force; Exercises with elbow bent to reduce force on rotator cuff
5. Elbow: active ROM in all planes; avoid excessive force
6. Edema control
7. Modalities prn
8. Home exercise program

**Phase IV: 3 months and beyond**

1. Allow unrestricted activity with the upper extremity
2. Gradually introduce heavy lifting after cleared by MD

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3. Avoid contact sports till 6 months

**Modalities**

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

**Evaluation and others**

- ◇ Teach home exercise program

**Comments:**

**Frequency:   2   times per week**

**Duration:  12  weeks**

**Signature: \_\_\_\_\_**

**Date: \_\_\_\_\_**