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### **Proximal Humerus Fracture Prosthesis Protocol:**

The patient underwent a cemented Fracture prosthesis for a 4-part proximal humerus fracture. Gentle formal PT with PROM and pendulums is begun after the first postoperative visit and is continued until the tuberosities have healed which is usually between 6 to 8 weeks. After which a more aggressive therapy is initiated. The patient's arm is to be immobilized in 45 degrees of abduction and neutral rotation for the first 4 to 6 weeks when not doing PROM exercises. The patient is encouraged for the first 3 weeks to do active mobility of the hand, fingers, and elbow. Early physical therapy should include passive abduction from a resting position of 45 degrees. Limited rotation is allowed. Beginning at postop week 6 PT is modified to increase the passive ROM with an emphasis on elevation and rotation. Between 8 and 12 weeks postoperatively, and after there is positive evidence of radiographic healing of the tuberosities, active mobility is allowed in elevation and internal rotation with the initiation of strengthening and resistance exercises. The patient has been informed that postoperative stiffness during the first 6 to 9 months is very possible, but that stiffness invariably will diminish with proper surgical anatomy restoration and that final mobility is usually obtained at 12 months.