



Greater Tuberosity Fracture Non-Op Rehabilitation Protocol

Prescription

- PT/OT 2 times per week x 16 weeks, starting week 3 after injury
- Ordering physician – Erick Marigi, MD (NPI: 1801393509)

Week 0 - 3: Early Passive Motion

- Emphasize pain and swelling control
- Icing program, 3 to 5 times a day, 40 minutes each after exercises
- FULL PROM / AAROM / AROM of elbow/wrist/hand
- From 10 days to 3 weeks if the patient has no pain and is less apprehensive may gentle shoulder PROM
 - Therapist to instruct patient in Pendulum / Codman exercises

Week 3 - 6: PHASE 1

- Emphasize pain and swelling control
- Wean sling as comfort allows
- FULL PROM / AAROM / AROM of elbow/wrist/hand
- Therapist to introduce Pendulum / Codman exercises and periscapular strengthening if not started yet
- Begin to progress shoulder ROM beginning with PROM → Active assisted ROM in all planes
 - Limit AAROM of ER to 30 degrees for the first 6 weeks
- Teach HEP: Table Slides, Passive ROM (3-5 x per day)

Week 6-12: PHASE 2

- **No driving until patient has normal use of the arm.**
- AAROM of shoulder in all planes → Once full AAROM is reached → Progress to AROM in all planes
- Isometric strengthening exercises can begin in this time period once active ROM adequate
- Full Scapular stabilizer program.
- Biceps curls (10 lb limit)
- Teach HEP (3-5 x / day for 5 minutes each time)

Week 12+: PHASE 3

- Full AROM in all planes, as tolerated.
- Rotator cuff strengthening exercises (with bands and dumbbells) may begin once AROM is full
- 10 lb lifting restriction → Once safe and painless 10 lb lifts → Progress to 20 lbs → Advance to WBAT
- Teach HEP (3-5 x/day for 5 minutes each time)

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process. Each patient's progress may vary based on specifics to their injury and procedure.