



CONCORD ORTHOPAEDICS

Proximal Humeral Fracture R / L

Physical Therapy Referral

Peter G. Noordsij, M.D.

Location: _____ Phone: _____

Patient Name: _____ DOB: _____

Precautions/notes: _____

Date of Injury: _____ Begin week of: _____

- Treatment:
1. Range of motion (hand, wrist, elbow, shoulder)
 - a. pendulums
 - b. AAROM to tolerance initially
 - c. don't push PASSIVE RANGE OF MOTION until 8 wks post injury
 - d. OK to use extremity for ADL's now
 2. Decrease extremity edema
 3. Strengthening
 - a. isometrics at 6 wks post injury
 - b. gentle Thera-Band at 7 weeks
 - c. gradual increase to PRE's at 8 weeks
 4. Scapular Stabilization
 5. Iontophoresis with Dexamethasone 0.4%
 6. Phonophoresis with Betamethasone 0.1%
 7. Ultrasound
 8. Aquatic Therapy (if necessary)
 9. Develop home exercise program
- * use agent of choice

Frequency: 2-times per week for 8 - 12 weeks

Peter G. Noordsij, MD

Date

*e-mail with questions: peter.noordsij@concordortho.com or contact my secretary at 603-224-3368.