

UCSF Physical Therapy Referral

UCSF Sports Medicine at the Orthopaedic Institute

Physical Therapy Prescription

Diagnosis: minimally displaced greater tuberosity (proximal humerus) fracture

Phase I

Weeks 0-2 after injury: No motion, sling at all times except bathing. Shoulder shrugs, scapular isometrics and squeezes, elbow and wrist ROM

Weeks 2-4 after injury: Start passive ROM and pendulums

Week 4-6: Add active ROM exercises

Focus on good coordination and scapular stability

Weeks 6-12:

Start gentle strengthening once cleared by MD (if XR show fracture healing)

Pulleys OK

Bands OK

Weeks 12+

Continue progressive strengthening

UCSF Orthopaedic Institute

1500 Owens Street, #201

San Francisco, CA 94158

Ph: 415-353-7566 Fax: 415-885-3838