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PETKOVIC NON OPERATIVE PROXIMAL HUMERUS FRACTURE

2 WEEKS After Injury: Start with PROM starting in supine position and advancing to upright as tolerated

4 WEEKS After Injury: Start AAROM once the patient is able to tolerate PROM without problems. Advance to ROM as tolerated

6 WEEKS After Injury: Start AROM after 6 weeks with ROM as tolerated

8 WEEK After Injury: OK to weight bear and start resistance exercises

10 WEEKS After Injury: Start stretching and strengthening