

Blake M. Bodendorfer, MD
1 Edmundson Place Suite 500
Council Bluffs, IA 51503
712-323-5333
16221 Evans Plaza
Omaha, NE 68116
402-991-9958



bbodendorfer@millerortho.com
omahasportsdoc.com

Rehabilitation Guidelines for Non-Operative Greater Tuberosity Fracture Protocol

	Range of Motion	Sling	Exercise/Strength
<i>Weeks 1-3</i>	No ROM	Sling for 3 weeks	Wrist and hand exercises
<i>Weeks 3-6</i>	Begin FULL ROM PROM→AAROM→AROM	Sling as needed for comfort only	Pendulums and active assisted exercises
<i>Weeks 6-12</i>	Full ROM	No Sling	Active Exercises
<i>Weeks 12-ON</i>	Full ROM	No Sling	Begin functional return to sport exercises once cleared by MD

- Once painless shoulder function has been achieved and strength has returned, and an athlete has completed the return to play rehab, then an athlete may return to play
- For any questions or concerns regarding the protocol or rehabilitation process please contact the office.