

**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.