

Occupational Therapy Toolkit

Shoulder Fracture (Proximal Humerus and Humeral Shaft)

Functional Limitations:

ADL, IADL, work and leisure impairment
Functional mobility impairment
Impaired strength
Limited ROM
Pain
Edema
Weight bearing restrictions
Fall risk
Environmental barriers
Other symptoms and conditions - radial nerve damage

Occupational Therapy Intervention:

ADL, IADL, work and leisure training including but not limited to...
One-handed techniques and adaptive equipment

Ability to don and doff sling-and-swathe for self care and exercises

Functional mobility training

Train in transfer techniques while adhering to weight-bearing restrictions

Provide UE activities and exercises for uninvolved joints to prevent loss of ROM and strength

Provide progressive shoulder activities and exercises

Instruct in pain management techniques

Teach stress management and relaxation techniques, instruct in coordinating medication peak with exercise and activity, educate in use of superficial heat and cold

Assess home safety and functional safety and provide environmental modifications and adaptations

Educate regarding falls risk and prevention strategies

Patient Education:

1. Superficial Heat
2. Superficial Cold
3. Home Exercise Program Face Sheet
4. Pendulum Exercises

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Patient Education continued:

5. Shoulder Passive ROM Exercises
6. Shoulder Active Exercises
7. Shoulder Stretching Exercises
8. Shoulder Strengthening Exercises
9. Stress Management and Relaxation Techniques
10. Falls Risks Assessment and Prevention Strategies
11. Home Safety and Functional Safety Assessment

Therapist Resources:

1. Shoulder Fracture - Approximate Guide for Progression of Exercises