Palm Tree fixation for Proximal Humerus Fractures

Therapist Information

The Palm Tree technique has been developed as a minimally invasive percutaneous approach for the fixation of proximal humeral fractures.

The procedure involves reducing the fracture and stabilizing the fragments using three pre bent wires.

For 4 part fractures where the tuberosities have been displaced as well, they are approximated to the humeral head and held in place using sutures. Occasionally, bone graft substitutes may be used if there is significant void in the bone mass.

Functional Activities:
These are guidelines only but they should be seen as the earliest that the activities may commence.

- Driving: 6-8 weeks
- Return to work:
  - Sedentary Jobs – 6 weeks
  - Manual Jobs – To be guided by consultant / therapist
- Heavy Lifting : 16 -18 weeks
- Sports : Swimming – Breastroke: 6 -12 weeks
  - Front crawl: 12 weeks
  - Golf: 12 weeks
- Contact sports: 6 months
0-3 weeks

- Polysling with body belt
- Pain relief, Ice application, resting positions
- Postural Awareness: scapula setting, relaxation of shoulder girdle
- Exercises: cervical spine ROM, active elbow wrist and hand ROM

3 weeks

- Review by consultant with X-ray
- Commence pendulum exercise only if advised by consultant. This is dependent on early callus formation shown on the X-ray
- Sling is still retained

6 weeks

- Review by consultant and removal of Wires under General anaesthesia
- Commence Physiotherapy once patient recovered post op
- Wean out of sling slowly
- Passive flexion, External rotation, and abduction
- Begin active-assisted exercises aimed at gradually increasing range of motion, precaution with closed chain exercises.
- Encourage normal function around waist level
- Gentle sub-maximal rotator cuff isometrics if cuff intact
- Encourage normal function around waist level

8 Weeks

- Increase functional range as pain allows
- Begin/Progress cuff exercises
- Progress terminal range of motion as pain allows
- Start Driving if comfortable

NHS:

Reading Shoulder Unit
Royal Berkshire NHS FT Hospital
London Road, Reading RG1 5AN

Professor Ofer Levy, MD MCh(Orth) FRCS
NHS Medical Secretary - Denise Neville
Telephone: 0118 322 7427
Fax: 0118 322 8908
e-mail: denise.neville@royalberkshire.nhs.uk

Reading Shoulder Unit - NHS Treatment Centre
Berkshire Independent Hospital
Swallows Croft, Wensley Road, Reading
RG1 6UZ

Secretary: Lynda Heath
Telephone: 0118 902 8063
Fax: 0118 902 8138
e-mail: Lynda@readingshoulderunit.com

Private:

Reading Shoulder Unit
The Berkshire Independent Hospital
Swallows Croft, Wensley Road, Reading
RG1 6UZ

Professor Ofer Levy, MD MCh(Orth) FRCS
Secretary: Jan Barker
Telephone: 0118 902 8116
Fax: 0118 902 8138
e-mail: jan@readingshoulderunit.com

Mr Giuseppe Sforza MD
Secretary: Sarah
Telephone: 0118 902 8109
e-mail:

Mr Juan Bruguera MD PhD
Mr Ali Narvani FRCS(Tr&Orth) MSc(Sports Med)
Secretary: Lynda Heath
Telephone: 0118 902 8063
e-mail: Lynda@readingshoulderunit.com

© Reading Shoulder Unit 4/2015