

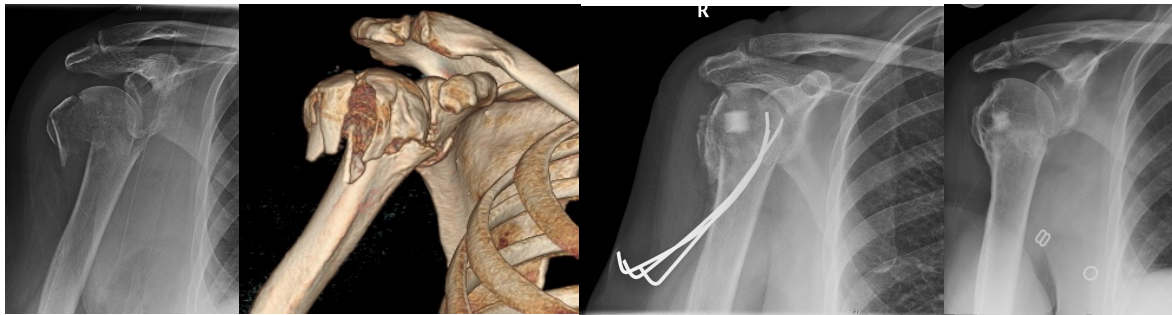


## Palm Tree Fixation for Proximal Humerus Fractures Therapist Information

The Palm Tree technique has been developed by prof. Ofer Levy as a minimally invasive percutaneous approach for the fixation of proximal humeral fractures. It is used successfully for more than 30 years.

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

**Appointments:****Private:**

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