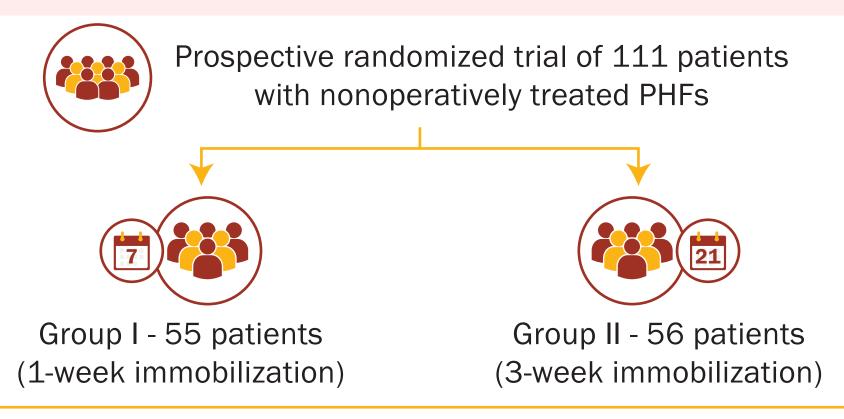
Estimation of Immobilization Period for Nonoperatively Treated Proximal Humeral Fractures

There is no consensus on the optimal immobilization time for proximal humeral fractures (PHFs) and its effect on pain, functional outcomes, and complications



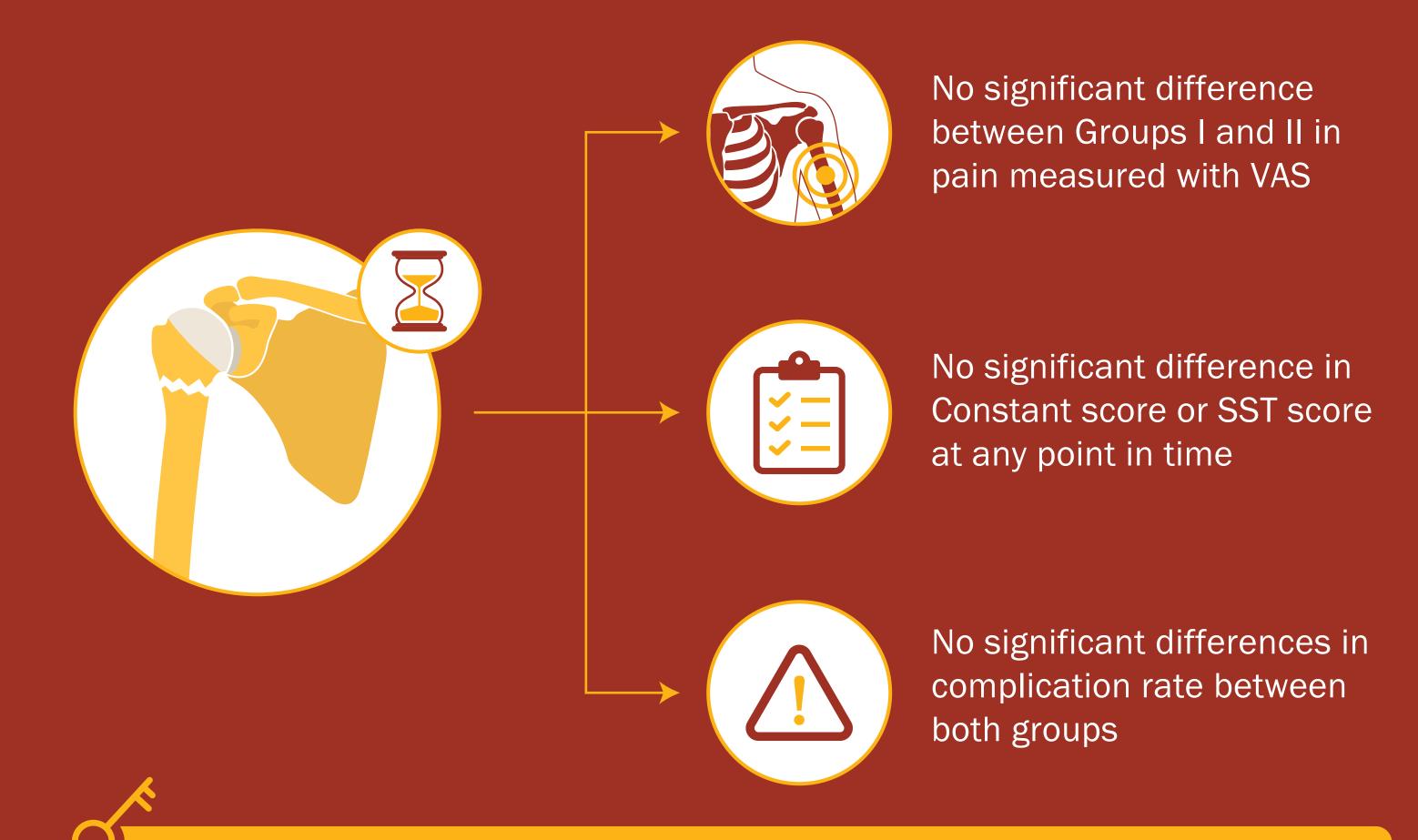


Key outcomes studied

 Pain using visual analog scale (VAS) at 1 and 3 week and 3, 6, 12, and 24 month follow ups



- Functional outcomes using Constant score or Simple Shoulder Test (SST) at 3, 6, 12, and 24 month follow ups
- Complications and secondary displacement



Similar outcomes for short- and long-term immobilization for PHFs demonstrate that 1 week of immobilization is sufficient for fracture management to avoid compromising patient independence

One Versus 3-Week Immobilization Period for Nonoperatively Treated Proximal **Humeral Fractures. A Prospective Randomized Trial**





