

## Physiotherapy for patients with proximal humeral fractures: Questionnaire

The ProFHER trial, funded by the Department of Health's Health Technology Assessment Programme, is a UK-based, pragmatic, multi-centre randomised trial comparing surgical versus non-surgical treatment for displaced fractures of the proximal humerus. Important to the validity of this trial is the provision of comparable and good standard care including physiotherapy to both treatment groups. In our preparations to achieve this objective, we have developed a 'basic' physiotherapy protocol to guide treatment. The importance of this issue was emphasised by the Trial Steering Committee who recently (May 2008) recommended that feedback on the draft protocol and further insights into the current management of these injuries should be obtained from specialist shoulder physiotherapists and other experts in the field. This is the reason for this short questionnaire.

Please complete this form **ONLY** if you have ever treated people with shoulder injury.

Name:  Specialty:

- Do you treat people with these fractures in your current practice? Yes / No
- If "No", have you ever treated patients with these fractures? Yes / No

Please answer the following questions in terms of the **expected trial population**: older people who are generally retired but still active and able to understand instructions for rehabilitation.

**1. Physiotherapy protocol** (please note this is a guide for the purposes of the trial and does not rule out the use of other modalities)

a. Is this acceptable as a basic treatment protocol for these fractures? Yes / No

If "No", please explain why not:

b. Would you be happy with following the approach given in the protocol? Yes / No

If "No", please explain why not:

**2. Please list other interventions / modalities that you apply routinely** for people with these fractures?

**3. Please list any interventions** available in an NHS setting that you would **discourage** for people with these fractures?

Please send your completed questionnaire by 23<sup>rd</sup> June to **Dr Stephen Brealey** at [████████@york.ac.uk](mailto:████████@york.ac.uk)

Thank you very much for your help.

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**PROximal Fracture of Humerus: Evaluation by Randomisation (PROFHER) Trial**  
*A multi-centre randomised controlled trial funded by NHS R&D Health Technology Assessment Programme  
(International Standardised Randomised Controlled Trial Number 50850043)*