* Rehabilitation after surgical stabilisation of humeral fracture typically includes six to twelve weeks non-weight bearing. This can limit activities of daily living including personal care.
* There is some evidence to support the feasibility, safety, and effectiveness of early weight bearing following operative management of humeral fractures.
* Early weight bearing after some humeral fractures is acceptable to some sub-specialities of orthopaedic surgeons but is not universally accepted.
* Acceptability of early weight bearing after humeral fractures has not been investigated in patients, or their carers.
* Rehabilitation professionals should discuss the option of early weight bearing after surgical management of humeral fracture with patients and their multidisciplinary team.