

Triceps Tendon Repair Rehab Protocol

Phase 1 (0-7 days post-op)

- Posterior splint elbow extended
- Wrist and hand gripping exercises

Phase II (1 week through 6 weeks post-op)

- Post op brace locked when not working on therapy exercises
- No Formal Physical Therapy needed during this phase
- May unlock brace 3-4 times daily for passive elbow extension and active assisted elbow flexion up to 70 degrees
- No active elbow extension
- Shoulder Passive, Active Assisted, and Active Range of motion as tolerated all planes
- Scapular retraction and shoulder shrugs
- Active wrist flexion, extension, pronation and supination
- Gripping exercises

Phase III (6 weeks post-op)

- Begin active elbow extension
- Begin sub-maximal co-contraction exercises of biceps and triceps
- Elbow flexion PROM to progress as follows
- 6 weeks: PROM to 70 degrees
- 7 weeks: PROM to 90 degrees
- 8 weeks: PROM to 110 degrees
- 9 weeks: PROM to 130 degrees, etc
- Full elbow flexion achieved by approximately 12 weeks post-op
- Begin light elbow flexion with resistance within allowed range.
- Full Shoulder active range of motion
- Active scapular retraction and resisted rotator cuff program

Phase IV (12 weeks post-op)

- Triceps light isotonic progressing 1 pound per week begin at week 12
- Initiate UBE

Phase V (16 weeks post-op)

- Progressive strengthening as tolerated
- Functional progression to athletic activity

Return to full participation in athletic activity at 5 months post-op.

