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Triceps Tendon Repair Rehab Protocol

Phase 1 (0-2 week)

- Splint @ 60 degrees of flexion
- Splint removed at first postoperative visit at 2 weeks post op and replaced with hinged elbow brace locked at 90 degrees
- Recommend using sling attachment, or separate sling, to help protect the triceps repair

Phase 2 (3-6 weeks)

- Passive self-assisted elbow extension
- Active-assisted elbow flexion to 90 degrees. Goal is 90 degrees of flexion by 6 weeks post op.
- No limit to passive elbow extension
- Passive self-assisted pronation and supination
- Shoulder, wrist, and finger ROM to prevent stiffness
- Brace with sling attachment at all times, except when exercising and bathing

Phase 3 (7-12 weeks)

- Begin weaning elbow brace as ROM allows. May open ROM settings to brace as tolerated. Plan to discontinue brace around week 8
- Continue passive ROM to achieve full extension and flexion
- Begin elbow flexion and extension isometrics



Phase 4 (13 to approximately 24 weeks)

- Progress passive and active ROM exercises.
- Patient should have full ROM
- Begin progressive strengthening in all planes using theraband, grip strengthening, progressive weights, etc.
- Begin activity/sports specific training