

Triceps Tendon Repair Rehab Protocol

Post-op visits:

- 2w, 6w, 12w, 6m (optional)

Xrays:

- None

Physical therapy:

- Therapy prescription will be provided at your 6-week appointment (may start earlier if patient requested).

Restrictions:

- Splint:
 - You will be in a splint for 2 weeks: do not get your splint wet
- Motion restrictions:
 - For the first 6 weeks after surgery no ACTIVE extension of your elbow
- Strengthening and weightlifting:
 - **No strengthening operative arm or lifting more than 1-2lbs until 12 weeks after surgery**

Weeks	Immobilization / Weight limit	Range of Motion	Exercises
0 – 2	* Splint (in extension) * No lifting with arm	None	Hand/wrist exercises to assist with edema/swelling
2 – 4	* Controlled motion elbow brace unlocked, set to 0 – 60 degrees of motion * < 2 lbs (phone, toothbrush, etc.)	* Full supination and pronation * 0 – 60 degrees elbow motion: active flexion, PASSIVE extension	* Continue hand/wrist exercises for edema control * Begin active flexion * Begin passive extension * No active extension
4 – 6	* Controlled motion elbow brace unlocked, set to 0 – 90 degrees of motion * < 2 lbs (phone, toothbrush, etc.)	* Full supination and pronation * 0 – 90 degrees elbow motion: active flexion, PASSIVE extension	* Continue hand/wrist exercises * Continue active flexion and PASSIVE extension * No active extension
6 – 12	* No brace * < 2 lbs (phone, toothbrush, etc.)	Progress to full range of motion	* Continue active flexion * Start active extension
12+	* No brace * Progress weight limit to normal	Full, active motion	* Start elbow strengthening * Return to full activity