

Triceps Repair

Physical Therapy Post-op Protocol

Week 1

Primary goal: Allow incision healing

- Splint until first post-operative visit (7-10 days)
- Transition to brace limiting flexion
- Elevate on pillows to heart level or above

Weeks 1-3

Primary goal: Initial light ROM, protect repair

- Brace set at 30 degrees
 - Range of motion advanced by 10-15 degrees each week to allow for more flexion
- Brace may be removed for hygiene
- Active elbow flexion allowed to extent of brace
- NO active elbow extension
- Gentle wrist and shoulder ROM (pendulums)
- Ball squeezes
- Ice applied 3-4x daily

Weeks 3-6

Primary goal: Increase elbow ROM

- Continue brace except for hygiene
- Continue to unlock brace by 10-15 degrees/week to achieve full ROM by 6 weeks (fully flex elbow)
- NO active elbow extension
- Continue shoulder, wrist ROM
- Scapular stabilization
- Active light flexion (biceps activation) to extent that brace allows
- Stationary bike without resistance to handles

Weeks 6-9

Primary goal: Full elbow ROM, active flexion

- Wean out of brace

- Active full extension without resistance
- Rotator cuff, deltoid, triceps isometrics
- May incorporate Blood Flow Restriction (BFR)

Weeks 9-12

Primary goal: Progress to resistance exercises

- Begin resistive isometrics, pain-free triceps extension
- Incorporate Blood Flow Restriction (BFR)
- Continue shoulder and scapular strengthening
- Maintain flexibility

Weeks 12-16

Primary goal: Increase strength

- Advance strengthening, endurance, BFR
- Return to full activity 4-6 months