

PHYSICAL THERAPY PROTOCOL: Triceps tendon repair

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks

Ice immediately after surgery, therapy to begin 10-14 days after surgery

Phase 1 → 1-6 Weeks Post-Op

Sling:

-Splint post-op with sling for support, then transition to hinged elbow brace locked at 30-45 degrees of flexion

Range of Motion:

- PROM with elbow extension as tolerated at therapy (no active extension for 6 weeks)
 - Increase PROM to full extension after 2 weeks
- AROM to elbow flexion only, limited flexion to 30-45 max
- Increase passive or gentle active elbow flexion 15-20 degrees/week with brace adjustment to allow range of motion

Phase 2 → 6-10 Weeks Post-Op

-D/C brace per surgeon

Range of Motion:

- Full active flexion
- Active extension begins after 6 weeks

Phase 3 → >10 weeks Post-Op

- Begin strengthening with midrange isometrics, then isotonic concentric contractions
 - o Add eccentric muscle contractions last