



## REHABILITATION PROTOCOL

### Distal Triceps Repair

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#### **0-4 Weeks Post-Op: General Guidelines**

- Patient will be in rigid splint in elbow extension for two weeks.

#### **Stage I: (Week 2-4):**

- Patient fit with IROM elbow brace, to be worn at all times except bathing. Brace locked at 30 degrees — as specified by physician —
- Physical therapy starts week 2.
- Increase ROM in brace by 10 degrees flexion to full ROM as tolerated.

#### **Stage II: (week 4-6) Patient seen 2x/week**

**Precautions: until 6 weeks post-op No active triceps strengthening.**

- Begin elbow ROM exercises: full gradual passive extension allowed within patient tolerance
- Elbow flexion PROM to progress as follows:
  - Week 2: PROM to 75 degrees flexion
  - Week 3: PROM to 90 degrees
  - Week 4: PROM to 110 degrees- 140 degrees
- Full elbow extension achieved by approximately 5 weeks post-op.
- Begin AROM bicep activity without resistance

#### **Stage III: (week 6-12) Patient seen 1x/week**

**Full elbow AROM and PROM should be achieved No active triceps resistance.**

- Begin AROM bicep activity with light resistance
- Open-chain rotator cuff strengthening can begin with light weights

#### **Stage III: (Week 13 to 6 months Post-op): Patient seen as needed Goals for**

#### **Discharge: Full strength of biceps, shoulder musculature**

- Gradual weight/theraband resistance training for triceps
- Closed-chain and co-contraction shoulder strengthening
- Gradual introduction of throwing activities and plyometrics as authorized per MD.

**NO CONTACT SPORTS UNTIL AFTER 6 MONTHS POST OP**

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