

Distal Triceps Repair Physical Therapy Protocol
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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

Week 1-3 Primary goal: Initial light ROM, protect repair

- Brace set at 20-40 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

Week 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

Week 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)

Week 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

Week 12-16 Primary goal: Increase strength

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