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TRICEPS TENDON REPAIR PROTOCOL

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____ Weeks 0-2:

- Splint at all times – keep clean and dry

____ Weeks 2-8:

- Hinged elbow brace to be worn at all times except bathing and therapy/exercises
- Passive ROM for ONLY for elbow extension
- Range of motion progression (and brace setting)
 - Week 2-3: 30-60 degrees
 - Week 4-5: 15-90 degrees
 - Week 6-7: 10-110 degrees
 - Week 8: 0-full flexion
- Start AAROM/AROM pronation and supination
- Shoulder AROM as needed in brace
- Wrist/hand/grip strengthening

____ Weeks 8-12:

- Discontinue brace
- Progress to full and active ROM
- No elbow extension resistance training; may do light resistance elbow flexion/pro/sup

____ Weeks 12+:

- Begin therabands/resistance for elbow extension and progress gradually until 6 months
- Continue resistance training for elbow flexion/pro/sup
- Continue gradual elbow strengthening program as tolerated without restrictions

Signature _____

Date: _____