



NICK AVALLONE, M.D.

www.dravallone.com

755 Memorial Pkwy
Suite 201
Phillipsburg, NJ 08865

22 Walmart Plaza
2nd Level
Clinton, NJ 08809

908-847-8884

Rehabilitation after Triceps Repair

DISCLAIMER: The following Physical Therapy protocol is intended to be utilized by the clinician as a guideline in the treatment of this disorder. It is based on current research and has been formulated as a collaborative effort between Physicians and Physical Therapists. It is not intended to serve as a substitute for sound clinical decision making. Every patient is a unique case, and it should be anticipated that not all patients will fit into the timelines set forth in this protocol. If the Physical Therapist has any questions regarding the course of treatment, the referring physician should be contacted for further guidance.

Phase I - Maximum Protection Phase (Day 1 to week 8)

Weeks 0-2

- Elbow splinted 60° flexion and neutral forearm rotation post-surgery
- First post-op visits 1-2 weeks after surgery
 - Hinged elbow brace at 0-90° flexion applied after sutures removed
- ROM: elbow immobilized for 2 weeks
 - Wrist & hand ROM
 - Gripping exercises
 - Shoulder pendulum in elbow brace
 - Perform shoulder PROM
 - PROM shoulder flexion exercises
 - PROM shoulder ER/IR
- Sutures removed at 2 weeks
- Strengthening exercises:
 - Gripping for hand
 - Wrist flexion & extension light

Weeks 3 - 4

- ROM brace applied: Limit to 90° of flexion (worn at all times except during exercise, bathing/dressing, until week 7)
- No active elbow extension for 6 weeks
- Continue shoulder PROM exercises
- Light isometric biceps at 60 degrees flexion
- Elbow flexion AAROM to 90°
- Manual scapular neuromuscular exercises - seated
- Continue shoulder, elbow, & wrist PROM (recommended 5 reps, 10 sec holds)

- Continue with ice & compression

Weeks 5-6:

- ROM brace applied – increase ROM to 90 degrees gradually
- Initiate light shoulder & scapular strengthening exercises at 6 weeks

Weeks 7-8:

- ROM brace discontinued – active ROM past 90° flexion allowed
- Begin AROM elbow flex/ext, forearm sup/pronation
- Initiate light isotonic strengthening for shoulder, scapular, elbow flex/ext and forearm supination/pronation isometrics
- Continue use of ice as needed

Phase II - Moderate Protection Phase (Weeks 9- 16)**Weeks 9-12:**

- Progress strengthening exercises slowly
- Light triceps strengthening exercises
- Progressive strengthening program for shoulder, scapula & arm
- Continue easy PROM exercises for elbow & shoulder

Weeks 13 – 16:

- Progress all exercises listed above
 - Begin progressive resistive strengthening: theraband, grip strength, progress to light weights (if stiffness is noted, strengthening should be delayed)
- Progress ROM to full range
- Progress functional activities at 4 months

Phase III - Gradual Return to Activity Phase (Month 4 >)**Week 16 & > :**

- Initiate a gradual return to activities
- Progress strengthening gradually
- Full, unrestricted activity permitted after 6 months for most patients, depending on patient activity