



From the office of:

Andrew J Blackman, MD

121 St Luke's Center Drive, Suite 302
Chesterfield, MO 63017 314-523-2595
AndrewBlackmanMD.com



PHYSICAL THERAPY PROTOCOL PROCEDURE: TRICEPS TENDON REPAIR

The goal of the rehabilitation is to gradually regain motion in the elbow joint and eventually regain strength. This will be a steady process to allow time to protect tendon healing.

Week 1-2

- Brace to be worn and locked at all times except for exercises and hygiene
- Minimize swelling and pain
- Range of Motion
 - Active Assisted Elbow Flexion
 - Passive Self Assisted Elbow Extension
 - Limitation: No flexion past 90 degrees
 - Limitation: No extension restriction
 - Active Assisted Forearm Supination
 - Active Assisted Forearm Pronation
 - Hand, Wrist, Shoulder ROM to prevent stiffness

Week 3-6

- Brace to be worn and locked at all times except for exercises and hygiene
- Minimize swelling and pain
- No active elbow extension
- Goal: Full elbow and forearm ROM by 6 weeks
 - Week 3: 0-100
 - Week 4: 0-110
 - Week 5: 0-120
 - Week 6: 0-130, then >130 as tolerated
- Hand, Wrist, Shoulder ROM to prevent stiffness
- Strengthening
 - Begin grip strengthening exercises
 - Scapular stabilization exercises
 - Triceps activation exercises OK

Week 7-12

- Brace is discontinued
- Active elbow extension OK
- Begin light activity.
- No aggressive or repetitious activity.
- Continue passive stretching to achieve full range of motion

- Begin active range of motion exercises for elbow flexion and extension, and forearm supination and pronation
- Strengthening
 - Light triceps isometrics OK
 - No resisted elbow extension until week 9
 - Begin progressive resistive strengthening for remainder of upper extremity
 - Theraband, grip strengthening, and progress to weights

Week 12+

- Continue resistive strengthening
- Advance as tolerated
- Begin endurance program tailored to work/sports activities
- Full unrestricted activity is permitted after 4-6 months for most patients depending upon patient activity demands.