

Rehabilitation Protocol Triceps Tendon Repair

Date of Surgery: _____

RIGHT

LEFT

Frequency of Visits: 2-3x/ week x 6 weeks

Phase I: Protect Repair (0 to 2 weeks)

- **Precautions**
 - Elbow immobilized in posterior splint at 60° elbow flexion for 1st 2 weeks
 - No active elbow extension 6 weeks
- **ROM**
 - Gradual ↑ Active/Passive ROM of shoulder in all planes while in splint
 - Wrist/hand/finger full AROM in splint
- **Strength**
 - Scapular retractions
 - Shoulder shrugs
- **Modalities**
 - Hot pack before treatment
 - E-stim, TENS as needed
 - Ice 10-15 minutes after treatment
- **Goals of Phase I**
 - Control pain and inflammation
 - Protect repair
 - Independent in HEP

Phase II: Progress Protected ROM and Function (3-6 weeks)

- **Precautions**
 - Elbow placed in a *hinged ROM brace* allowing 30°-60°
 - *Brace* to be worn at all times except during exercise or bathing
 - *Passive* ROM ONLY for elbow extension

- **ROM**
 - Hinged Brace Range of Motion Progression (ROM progression may be adjusted base on Surgeon's assessment of the surgical repair.)
 - Week 2-3: 30°-60°
 - Week 4-5: 15°-90°
 - Week 6-7: 10°-110°
 - Week 8: 0°-125°
 - Forearm: Initiate AAROM pronation and supination
 - Progress to active pronation and supination (wk 4)
 - Shoulder AROM as needed in brace

- **Strength (in brace)**
 - Isometric shoulder exercises
 - Supine/standing rhythmic stabilizations
 - Wrist/hand: grip strengthening
 - Standing flexion and scaption
 - Side-lying ER
 - Isometric biceps pain free (week 6)

- **Manual**
 - Scar mobilization
 - Passive elbow extension
 - Joint mobs as needed

- **Modalities**
 - Heat/hot pack before therapy
 - US to incision as needed
 - Ice 10-15 minutes

- **Goals of Phase II**
 - Protection of repair
 - Gradual increase in ROM
 - Initiate strengthening to surrounding tissues
 - Improve scapular stability

Phase III: Reach full ROM (7-12 weeks)

- **ROM**
 - Week 8 progress to full ROM of elbow; discontinue brace if adequate motor control
 - Initiate UBE light resistance
 - Exercises
 - Ball roll outs on table
 - Wall walk
 - Pulley

- **Strength**
 - Tricep/elbow extension progression
 - 6 weeks: initiate AROM
 - 8 weeks: initiate light Theraband resistance
 - Theraband IR/ER shoulder
 - Theraband bicep extension
 - Prone dumbbell Therex
 - Rhythmic stabilization

- **Manual**
 - Passive elbow extension if lacking
 - Joint mobs as needed to regain full flexion
 - Week 10: Passive or contract relax to gain full flexion if still lacking

Phase IV: Full ROM and Strength (>12 weeks)

- **Strength**
 - Progress strengthening program with increase in resistance and high speed repetition
 - Bicep curls with dumbbells
 - Initiate IR/ER exercises at 90° abduction
 - Progress rhythmic stabilization activities to include standing PNF patterns with tubing
 - Initiate plyotoss – double arm progress to single arm
 - Initiate sport specific drills and functional activities

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- Initiate interval throwing program week 16-20
- Initiate light upper body plyometric program week 16-20
- Progress isokinetics to 90° abduction at high speeds

- **Modalities**
 - Ice 15-20 minutes

- **Goals of Phase IV**
 - Full painless ROM
 - Maximize upper extremity strength and endurance
 - Maximize neuromuscular control
 - Optimize shoulder mechanics/kinematics
 - Optimize core stability
 - Initiate sports specific training/functional training

Signature: _____ Date: _____