

Triceps Tendon Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Decrease inflammation • Protect wound 	<p><u>Keep splint clean and dry</u> until follow-up</p> <p>Splint 60 degrees extension</p> <p>Should use sling when up</p>	<ul style="list-style-type: none"> • No elbow ROM <p>Modalities:</p> <ul style="list-style-type: none"> • Ice packs on top of splint 	<ul style="list-style-type: none"> • Hand/wrist ROM • Finger abduction exercises
<p>Phase 2 (3-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Protect repair • Initiate ROM • Daily home exercises 	<p>Hinged elbow brace:</p> <ul style="list-style-type: none"> - Start locked at 60 degrees - Progress over time 	<ul style="list-style-type: none"> • Per elbow brace protocol <p>Week 2: 60 degrees Week 3: 30-60 Week 4: 15 to 60 full flexion Week 5: 15-90 to full flexion Week 6: 0 to 100</p> <p>Modalities:</p> <ul style="list-style-type: none"> • Scar massage • Gentle biceps muscle belly massage • Edema control 	<ul style="list-style-type: none"> • Hand/wrist ROM • Scapular stabilizing • Forearm exercises (pronation/supination with elbow at 60 degrees) starting week 3 • Elbow ROM within limits in gravity eliminated plane starting week 4 • Progress to elbow extension against gravity in brace starting week 5 • Progress to full flexion/extension against gravity in brace with forearm supported week 6 • Forearm flexion

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<p>Phase 3 (7-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Protect Repair ● Pain free ADLs ● Initiate resistance activities ● Scapulothoracic endurance 	<p>Brace open 0-125</p> <p>Non-weightbearing upper extremity until week 8</p>	<ul style="list-style-type: none"> ● Work on establishing Full A/PROM ● Begin combine composite motions (e.g. extension with pronation) <p>Manual:</p> <ul style="list-style-type: none"> ● Retrograde massage ● Scar massage <p>Modalities:</p> <ul style="list-style-type: none"> ● Ice/heat prn 	<ul style="list-style-type: none"> ● Gradual weightbearing with elbow extended week 8 ● Progress to weightbearing with elbow flexed week 10 ● Theraband resistance (IR/ER shoulder, bicep) ● Progress to modified forearm planks ● Scapulothoracic endurance: scap slides, serratus wall slides, seated scap retraction, wall scap retraction with elbows extended ● Grip strength work
<p>Phase 4 (12+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Increase functional strength ● Initiate formal athletics 		<ul style="list-style-type: none"> ● Full A/PROM ● Continue combined/composite motions ● Proper mechanics in elbow, shoulder, wrist 	<ul style="list-style-type: none"> ● Continue everything in phase 3 ● Cardio ● Submaximal isometrics (elbow flexors, extensors, pronators, supinators) ● Progress to isotonic (weighted tricep work, resisted triceps, pronation/supination) ● Shoulder strengthening progression (advance to with elbows extended) ● Prone I's, Y's, T's; rows; resisted ER/IR; quadruped stability ● Once strong and stable, can progress to very limited sport specific movements

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**SPORTS &
EXERCISE MEDICINE**

Return to sport (~6 months post op)			<ul style="list-style-type: none">● Focus on progression of sport specific movements● Graded participation in practice● Full clearance pending discussion with surgeon
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