



## 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: \_\_\_\_\_