

Rehabilitation Protocol: Distal Triceps Repair

0-4 Weeks Post-Op: General Guidelines

- Patient will be in rigid splint in elbow extension for two weeks.

Stage I: (Week 3-6):

- Patient fit with IROM elbow brace, to be worn at all times except bathing. Brace locked at 30 degrees — as specified by physician — for weeks 3-6
- Physical therapy starts week 4.

Stage II: (week 6-8) Patient seen 2x/week

**Precautions: No full elbow flexion stretch until 8 weeks post-op
No active triceps strengthening.**

- Begin elbow ROM exercises: full gradual passive extension allowed within patient tolerance
- Elbow flexion PROM to progress as follows:
- Week 4: PROM to 75 degrees flexion
- Week 5: PROM to 90 degrees
- Week 6: PROM to 110 degrees
- Week 8: PROM to 130 degrees, etc.
- Full elbow extension achieved by approximately 8 weeks post-op.
- Begin AROM bicep activity without resistance

Stage III: (week 9-12) Patient seen 1x/week

Full elbow AROM and PROM should be achieved

No active triceps resistance.

- Begin AROM bicep activity with light resistance
- Open-chain rotator cuff strengthening can begin with light weights

Stage III: (Week 13 to 6 months Post-op): Patient seen as needed

Goals for Discharge: Full strength of biceps, shoulder musculature

- Gradual weight/theraband resistance training for triceps
- Closed-chain and co-contraction shoulder strengthening
- Gradual introduction of throwing activities and plyometrics as authorized per MD