

**DISTAL TRICEPS REPAIR
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5-7 DAYS POST OP

The bulky dressing is removed.

Patient needs to bring the elbow hinge brace to the OT evaluation.

The hinge brace is locked between 45-60 degrees pending patient comfort.

Initiate A/PROM to the hand and forearm.

Light compression is provided for hand to elbow.

At 1 week, initiate gravity assisted A/AROM elbow extension 6x/day.

2 WEEKS POST OP

Initiate active elbow flexion from 0-90 degrees.

3-7 WEEKS POST OP

Increase elbow flexion by 10 degrees each week, adjust the hinge brace at the same time

8-10 WEEKS POST OP

Patient can wean out of the splint starting at week 8.

Initiate UE strengthening