



Triceps Tendon Repair Therapy Instructions Laith Al-Shihabi, MD

1 week

Brace:

- Remove postoperative dressings and fit patient with hinged elbow brace allowing motion from 90 degrees to full flexion.
- A resting long-arm night splint holding the elbow in 45 degrees of flexion and wrist in neutral may be fashioned at the therapist's discretion if preferred for sleep.

Motion:

- Begin active elbow flexion and passive elbow extension.
- Begin active and passive wrist extension/flexion and pro/supination.

Edema Control:

Per therapist.

2-6 weeks

Brace:

- At 3 weeks, adjust brace to allow motion from 120 degrees to full extension.
- Allow 10 degrees further extension per week until full flexion is reached at 6 weeks.

Motion:

- Continue exercises, and incorporate active-assisted elbow extension within the brace at 3 weeks.

Edema Control:

Per therapist.

6 -10 weeks

Brace:

- Wean brace at 6 weeks.
- Static progressive splinting can be initiated if there is failure to achieve near-symmetric elbow flexion/extension by 8 weeks.

Motion:

- Continue above exercises.
- Begin passive elbow flexion along with active elbow extension at 6 weeks.

Strengthening:

- Begin forearm strengthening at 6 weeks, and progressive resisted elbow strengthening at 8 weeks.
- 5 lbs lifting restriction starting at 8 weeks.
- Transition to home-based program by 10 weeks.

10+ weeks

Transition to work- and sport-specific rehab. Light weightlifting (<20lbs) and non-contact sports practice can start at 12 weeks. Moderate weightlifting (<50lbs) and non-contact sports competition or contact sports practice can start at 14-16 weeks. Contact sports competition and unrestricted weightlifting (including plyometrics) can start at 16-20 weeks.