



Orthopaedic Associates of Zanesville
Sports Medicine Division Physical Therapy Protocols
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Rehabilitation Guidelines for Distal Triceps Tendon Repair

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

1-2 Weeks:

- Sling and Splint all times

2-6 Weeks:

- Splint removal, patient placed in hinged elbow brace locked at 30°
- Begin Active Assist ROM. Initially Limit Extension to 30°, Advance to full extension by 6 weeks.
- Passive Elbow flexion progression 15°-20° a week until full flexion obtained
- Brace all times other than exercises, lock brace at new range of motion when not performing therapy
- Hand/Wrist/Shoulder ROM exercises

6-9 Weeks:

- D/C elbow brace
- Continue Passive/Active Assist ROM Elbow
- Begin Triceps Isometrics
- Begin Cuff/Deltoid Isometrics
- Maintain Wrist/Shoulder ROM
- Begin Active Elbow Extension against gravity

9-12 Weeks:

- Maintain ROM Elbow/Wrist/Shoulder
- Advance to resistive Strengthening Deltoid/Rotator Cuff

>12 Weeks:

- Begin Gradual elbow extension strengthening and advance as tolerated