

Triceps Tendon Repair

Physical Therapy Protocol

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-1 HEP daily	Edema and pain control Wrist, hand, shoulder ROM	Splint 45° flexion at all times	Wrist and hand ROM Gripping exercise Shoulder pendulum in splint Shoulder PROM exercises
Weeks 1-6 PT 1-2x/week HEP daily	Edema and pain control ROM 0-90°	No active elbow extension Brace locked at 60° for ADL's	Gradually progress ROM 0-90° Active flexion, passive extension Continue wrist, hand, shoulder ROM Light isometric biceps at 60° flexion Scapular neuromuscular exercises
Weeks 6-12 PT 1-2x/week HEP daily	Full ROM	Weeks 6-8: Open brace 0-90° for ADL's No active elbow extension Weeks 8-12: DC brace No lifting/moving objects >5lbs	Weeks 6-8: Full elbow ROM Active extension, AA/P flexion Weeks 8-12: Begin Triceps isometrics Active extension against gravity Resistive strengthening cuff/deltoid Upper body ergometry
Weeks 12-18 PT 1-2x/week HEP daily	Improve strength	No brace	Continue ROM Initiate triceps strengthening
Weeks 18+ PT 1-2x/week HEP daily	Return to play Unrestricted activity	No brace Return to sport (MD directed)	Increase intensity and duration triceps Sport specific exercises