

Rehabilitation Protocol: Triceps Repair

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- **Phase I (0-6 weeks):** Control pain and inflammation, protect repair, independent HEP
 - Weight Bearing: Non-weight bearing
 - Bracing: splint and sling for first week
 - Transition to elbow ROM brace after first visit
 - Can remove for exercises and bathing
 - Range of motion: 0-1 weeks none, 2-6 weeks = 0-90 deg flexion.
 - Ice after treatment
 - Therapeutic Exercise:
 - No Active elbow extension
 - Hand/wrist range of motion, grip strengthening
 - Passive ROM with above mentioned limits
 - Active elbow flexion to 90 deg.

- **Phase II (6-12 weeks):** Gradual increase to full ROM, initiate strengthening to surrounding tissues.
 - Weight Bearing:
 - Active ROM at week 6.
 - Begin light resistance exercises at 8 weeks with therabands.
 - Discontinue brace
 - Range of motion – Full active and active assisted ROM
 - Increase ROM by 15-20 deg. Each week.
 - Therapeutic Exercises:
 - Active ROM of elbow.
 - Passive ROM of elbow.
 - Joint mobs as needed.
 - Ball roll outs on table
 - Pulley.
 - Therabands.
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- **Phase III(12+ weeks):** Reach full ROM, initiate loading to repair, enhance neuromuscular control.
 - Weight Bearing: Increase Weight bearing exercises
 - Continue with obtaining active range of motion exercises
 - Therapeutic Exercises:

- Progress strengthening with increase in resistance and high speed repetition
- Biceps curls with dumbbells.
- Initiate sport specific drills and functional activities.