



Dr. Joshua Alpert
 Post-Operative Rehabilitation Protocol:
 Triceps Tendon Repair

	Splint/Brace	ROM	Exercise	Precautions
PHASE I 0-2 weeks Goals: -protect repair to allow healing -decrease pain and inflammation -Independent in HEP	Elbow immobilized in posterior splint at 30° elbow flexion for first two weeks.	PROM ONLY <u>Week 0-2:</u> Gradual ↑ Active/Passive ROM of shoulder in all planes while in splint Wrist/hand/finger full AROM in splint	Scapular retractions Shoulder shrugs Hot pack before treatment E-stim, TENS as needed Ice 10-15 minutes post treatment	NO active elbow extension for first six weeks
PHASE II 2-6 weeks Goals: -protect repair -gradual increase in ROM -initiate strengthening to surrounding tissues -improve scapular stability	Elbow placed in a hinged ROM brace allowing 30-60°	PROM ONLY for elbow extension Hinged Brace Range of Motion Progression (ROM progression may be adjusted by the surgeon) Week 2-3: 30°-60° Week 4-5: 15°-90° Week 6-7: 10°-110° Week 8: 0°-125° Forearm: Initiate AAROM pronation and supination Progress to active pronation and supination (wk 4) Shoulder AROM as needed in brace	Isometric shoulder exercises Supine/standing rhythmic stabilizations Wrist/hand: grip strengthening Standing flexion and scaption Side-lying ER Isometric biceps pain free (week 6) Scar mobilization Passive elbow extension Joint mobs as needed Heat/hot pack before therapy US to incision as needed Ice 10-15 minutes	Brace to be worn at all times except during exercise and hygiene

<p>PHASE III 6-12 weeks</p> <p>Goals: -gradually restore full ROM -improve neuromuscular control -enhance proprioception and kinesthesia</p>	<p>Discontinue brace if adequate motor control</p>	<p>Initiate UBE light resistance Exercises Ball roll outs on table Wall walk Pulley</p>	<p>Triceps/elbow extension progression 6 weeks: initiate AROM 8 weeks: initiate light TheraBand resistance Theraband IR/ER shoulder Theraband bicep extension Prone dumbbell Therex Rhythmic stabilization Passive elbow extension if lacking Joint mobs as needed to regain full flexion Week 10: Passive or contract relax to gain full flexion if still lacking</p>	
<p>PHASE IV 12-16 weeks</p> <p>Goals: -Full painless ROM -Maximize upper extremity strength and endurance -Maximize neuromuscular control -Optimize shoulder mechanics/kine matics -Optimize core stability -Initiate sports specific training/function al training</p>	<p>None</p>	<p>Progress and stretch to full ROM. continue previous stretches.</p>	<p>Progress strengthening program with increase in resistance and high-speed repetition Bicep curls with dumbbells Initiate IR/ER exercises at 90° abduction Progress rhythmic stabilization activities to include standing PNF patterns with tubing Initiate plyotoss – double arm progress to single arm Initiate sport specific drills and functional activities Initiate interval throwing program week 16-20 Initiate light upper body plyometric program week 16-20 Progress isokinetics to 90° abduction at high speeds Ice 15-20 minutes</p>	

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