



Richard Wardell, MD
501 Discovery Dr, Chesapeake, VA 23320
Phone: 757-547-5145 Fax: 757-436-2480

Triceps Tendon Repair Postoperative Rehabilitation Protocol

Weeks 0-2

- No active elbow extension (x4-6 weeks)
- Brace limits: 30-60 degrees of flexion
- Range of motion:
 - Wrist and hand motion permitted
 - Gripping exercises
 - Shoulder pendulum exercises in elbow brace
 - Perform passive shoulder range of motion exercises
- Strengthening exercises:
 - Gripping for hand
 - Wrist flexion and extension with light dumbbell
- Cryotherapy applied over triceps

Weeks 3-4

- No active elbow extension (x4-6 weeks)
- Brace limits: 0-60 degrees of flexion
- Continue passive shoulder range of motion exercises
- Light isometric biceps at 60 degrees of flexion
- Initiate IR/ER tubing at 0 degrees adduction
- Manual scapular neuromuscular exercises (seated)
- Continue passive shoulder, elbow, and wrist range of motion
- Continue with ice and compression

Weeks 5-6

- Brace limits: gradually increase range of motion from 0-90 degrees of flexion
- Initiate light shoulder and scapular strengthening exercises at 6 weeks

Weeks 7-8

- Brace limits: progress range of motion from 0 to full flexion at 8 weeks
- Initiate light isotonic strengthening for shoulder and scapula
- Continue ice prn

Weeks 9-12

- Discontinue elbow brace for all activity
- Progress strengthening exercises slowly
- Continue passive stretches to achieve full range of motion.
- Note: If stiffness is noted, strengthening should be delayed

Week 12-26 (6 months)

- Progressive gradual increase in resistance exercises and activities. Avoid overloading triceps muscle/tendon unit.

Full unrestricted activity is permitted after 5-6 months for most patients depending upon patient activity demands