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TRICEPS TENDON REPAIR REHABILITATION PROTOCOL

PATIENT NAME:

DATE OF SURGERY:

BODY PART/SIDE:

PHASE I [0-2 WEEKS]		
BRACE	ROM	STRENGTHENING
Brace (or posterior splint) locked at 60 degrees flexion	Elbow immobilization for 2 weeks	Begin gripping exercises for hand
	Begin wrist/hand ROM	
	Begin shoulder pendulums in elbow brace	Begin wrist flexion and extension using light dumbbell
	Perform PROM shoulder exercises	
PHASE II [3-4 WEEKS]		
BRACE	ROM	STRENGTHENING
Brace unlocked from 30-60 degrees flexion	**NO ACTIVE ELBOW EXTENSION FOR 4-6 WEEKS**	Continue Phase I strengthening
	Continue PROM shoulder exercises	Begin light isometric exercises for biceps at 60 degrees flexion
		Begin elbow PROM [Limit 30-60 degrees]
		Begin manual scapular neuromuscular exercises (seated)
PHASE III [5-6 WEEKS]		
BRACE	ROM	STRENGTHENING
Brace unlocked from 15-90 degrees gradually	Continue Phase II ROM	Continue Phase II strengthening
	Increase elbow PROM [limit 15-90]	Initiate light shoulder and scapular strengthening exercises at 6 weeks post-op
PHASE IV [7-8 WEEKS]		
BRACE	ROM	STRENGTHENING
Progress ROM 0-125 degrees at 8 weeks post-op	Continue Phase III ROM	Continue Phase III strengthening
	Increase elbow PROM [limit 0-125]	Initiate light isotonic strengthening for shoulder and scapula
	Initiate elbow AROM [limit 0-125]	
PHASE V [9-12 WEEKS]		
BRACE	ROM	STRENGTHENING
Discontinue brace at 8 weeks post-op	Continue Phase IV ROM	Continue Phase IV strengthening
	Regain full AROM and PROM	Gradually progress strengthening exercises