



WAYPOINT

ORTHOPAEDIC ASSOCIATES

Triceps Repair Rehabilitation Protocol

Maximum Protection Phase (Day 1 to Week 8)

Weeks 0-2

- Brace: posterior splint locked at 60 degrees flexion
- ROM: elbow immobilized x2 weeks
 - Wrist and hand ROM
 - Gripping exercises
 - Shoulder pendulum in elbow brace
 - Perform PROM shoulder exercises
- Strengthening exercises:
 - Gripping for hand
 - Wrist flexion and extension, light dumbbell
- Cryotherapy applied to triceps

Weeks 3-4

- ROM brace applied: 30 to 60 degrees of flexion
- No active elbow extension x4-6 weeks
- Continue shoulder PROM exercises
- Light isometric biceps at 60 degrees flexion
- Initiate ER/IR tubing at 0 degrees adduction
- Manual scapular neuromuscular exercises (seated)
- Continue shoulder, elbow, wrist PROM
- Continue with ice and compression

Weeks 5-6

- ROM brace: increase ROM to 15-90 degrees gradually
- Initiate light shoulder and scapular strengthening exercises at 6 weeks

Weeks 7-8

- ROM brace: progress to 0 to 125 degrees at 8 weeks
- Initiate light isotonic strengthening for shoulder and scapula
- Continue ice pm

Weeks 9-12

- Progress strengthening exercises slowly