#### Taylor R. Dunphy, MD [Newport Orthopedic Institute](https://www.newportortho.com/)

Orthopaedic Surgery and Sports Medicine

PATIENT NAME

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**DIAGNOSIS: ( LEFT / RIGHT)­­­­­­­ TRICEPS TENDON REPAIR**

**DATE OF SURGERY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ELBOW PHYSICAL THERAPY PRESCRIPTION**

Maximum Protection Phase (Day 1 to Week 8)

Weeks 0-2

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Brace: posterior splint locked at 60 degrees flexion

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ROM: elbow

immobilized x2 weeks

Wrist and hand ROM

Gripping exercises

Shoulder pendulum in elbow brace

Perform PROM shoulder exercises

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Strengthening exercises:

Gripping for hand

Wrist flexion and extension, light dumbbell

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Cryotherapy applied to triceps

Weeks 3

-

4

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ROM

brace applied: 30 to 60 degrees of flexion

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No active elbow extension x4

-

6 weeks

•

Continue shoulder PROM exercises

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Light isometric biceps at 60 degrees flexion

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Initiate ER/IR tubing at 0 degrees adduction

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Manual scapular neuromuscular exercises (seated)

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Co

ntinue shoulder, elbow, wrist PROM

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Continue with ice and compression

Weeks 5

-

6

•

ROM brace: increase ROM to 15

-

90 degrees gradually

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Initiate light shoulder and scapular strengthening exercises at 6

weeks

Weeks 7

-

8

•

ROM brace: progress to 0 to 125 degrees at

8 weeks

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Initiate light isotonic strengthening for shoulder and scapula

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Continue ice prn

Moderate Protection Phase (Weeks 9

-

16)

Weeks 9

-

12

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Progress strengthening exercis

es slowly

**Physician’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Taylor R. Dunphy, MD, Orthopaedic Surgeon, Newport Orthopedic Institute**