

Triceps Repair Rehabilitation Program

I. Phase I - Maximum Protection Phase (Day 1 to week 8)

Weeks 0-2

- Brace: posterior splint locked at 60 degrees of flexion
- ROM: elbow immobilized for 2 weeks
 - Wrist & hand ROM
 - Gripping exercises
 - Shoulder pendulum in elbow brace
 - Perform shoulder PROM exercises
 - PROM shoulder flexion
 - PROM shoulder ER/IR
- Sutures removed at 2 weeks
- Strengthening exercises:
 - Gripping for hand
 - Wrist flexion & extension light dumbbell
- Cryotherapy applied to triceps

Weeks 3 – 4

- ROM brace applied: 30 to 60 degrees of flexion
- No active elbow extension for 4 to 6 weeks (preferable 6 weeks)
- Continue shoulder PROM exercises
- Light isometric biceps at 60 degrees flexion
- Initiate ER/IR tubing at 0 degrees abduction
- Manual scapular neuromuscular exercises - seated
- Continue shoulder, elbow, & wrist PROM
- Continue with ice & compression

Weeks 5-6:

- ROM brace applied – increase ROM to 15 to 90 degrees gradually
- Initiate light shoulder & 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, scapular, etc...
- Continue use of ice as needed

II. Phase II - Moderate Protection Phase (Weeks 9- 16)

Weeks 9-12:

- Progress strengthening exercises slowly
- Light triceps strengthening exercises
- Progressive strengthening program for shoulder, scapula & arm
- Continue easy PROM exercises for elbow & shoulder

Weeks 13 – 16:

- Progress all exercises listed above
- Progress functional activities at 4 months

III. Phase III - Gradual Return to Activity Phase (Month 4 >)

Week 16 & > :

- Initiate a gradual return to activities
- Progress strengthening gradually