TROPICAL
MEDICAL GROUP

Dx: ☐ Right ☐ Left

Patient Name: _____

Date of Surgery: _____

PT/OT: Evaluate and treat. Follow the following protocol.

Signature/Date: _____

888-9-TROPICAL www.TropicalMedicalGroup.com

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 prn

Weeks 9-12

• Progress strengthening exercises slowly