

## DISTAL TRICEPS REPAIR POST OPERATIVE PROTOCOL

	Time Frame	Guidelines
<b>PHASE I</b>	0 to 10 Days	<b>SPLINT:</b> Immobilization 0°/0° <b>EXERCISE PROGRESSION</b> <ul style="list-style-type: none"> <li>Shoulder pinches</li> <li>Cervical ROM</li> </ul>
<b>PHASE II</b>	10 Days to 4 weeks	<b>BRACE:</b> Locked 0°/0° x 4 weeks <b>WEEKS 2 TO 3</b> <ul style="list-style-type: none"> <li>Wrist/hand ROM</li> <li>Begin active shoulder protraction/retraction</li> <li>Begin PROM: Elbow extension to 0°, Elbow flexion to 30 degrees</li> <li>Gradually progress flexion by 15° each week (wk 2 to 30°, wk 3 to 45°, etc) with goal of reaching 90° by 6 weeks post op</li> <li>Maintain shoulder ROM as needed</li> </ul>
	Weeks 4 to 6	<ul style="list-style-type: none"> <li>Maintain program as outlined previously</li> <li>At week 4, begin opening brace 15° each direction per week based on PROM; discontinue brace at 6 weeks</li> <li>Begin prone scapular strengthening series (unweighted)</li> <li>Initiate AA/passive pronation/supination</li> <li>Full elbow flexion expected by 10-12 weeks</li> </ul>
<b>PHASE III</b>	Weeks 6 to 8	<ul style="list-style-type: none"> <li>Discontinue brace at 6 weeks</li> <li>Begin active range of motion of the wrist in all planes</li> <li>Light resistance rotator cuff and scapular strengthening program; avoid load specific to elbow flexion/extension and supination/pronation</li> <li>Progress to weighted prone scapular stabilization exercises</li> <li>Begin wrist and forearm strengthening all planes</li> </ul>
<b>PHASE IV</b>	Weeks 8 to 10	<ul style="list-style-type: none"> <li>Continue with end range stretching</li> <li>Advance RC and scapular strengthening program</li> <li>CKC progression beginning in quadruped with elbows extended (quadruped/plantigrade shoulder taps, weight shifting)</li> <li>At 10 weeks, begin light triceps isometrics, pain free</li> </ul>
	Weeks 12+	<ul style="list-style-type: none"> <li>Begin isolated resisted triceps strengthening- resisted band extension</li> <li>Begin global upper extremity gym strengthening program with gradual weight increase</li> <li>Advance intensity of forearm and hand strengthening, including wrist extension</li> <li>As strength progresses, advance CKC program with push-up progression (wall, table, kneeling, full. Take time with this progression, be cognizant of volume and load to repaired tendon)</li> <li>Initiate Plyometric Drills (Approximately 4 months post op) <ul style="list-style-type: none"> <li>Plyoball wall drills</li> <li>Double arm rebounder drills progressing to single arm</li> </ul> </li> </ul>
	4-6 Months	<ul style="list-style-type: none"> <li>Follow-up appointment with physician</li> <li>Initiate return to sport program per physician approval</li> <li>Full return to play between 4-6 months post-op</li> </ul>