

**Triceps
Repair**

Post-op protocol for
Mathew Taylor, M.D.



Phase I:
0-7 days

- Immobilization in post-op splint / hinged elbow brace
- Wrist is free: encourage full A/PROM wrist and fingers
- Sling for comfort
- Shoulder PROM and simple AROM as needed for ADL's

Phase II:
1-6 wks

- Edema and scar management
- Full A/PROM pronation, supination, wrist and fingers
- Transition from splint into hinged elbow brace
- OK to be out of sling
- Progressive active elbow flexion and passive, gravity-assisted elbow extension through ROM determine at time of surgery (based on tension, chronicity, tissue, patient compliance, healing risk, etc.)
- Common Post-op Guideline: Brace unlocked in the range below.
 - 1st week: splint
 - 2nd week: 0-40
 - 3rd week: 0-60
 - 4th week: 0-90
 - 5th week: 0-120
 - 6th week: 0-120+

** Precaution: no active elbow extension during this phase

Phase III
6wks –
4mo

- Discontinue brace
- Simple AROM elbow extension without resistance
- OK to use elbow fully for ADL's
- Start gradual strengthening at 10 weeks post-op
 - *1-2lb PRE's with gradual progression using low weight / high rep
- Continue full shoulder / wrist / hand exercises
- Goal of full resisted triceps / bench / military press / etc. at 4 months: at a low weight, high rep rate
- Typical full return to unrestricted sporting activity around 5-6 months
 - *contact sports and heavy lifting included

Special Notes: