

Distal Triceps Repair Protocol

Week 0-4 – Maximum Protection Phase

- Precautions:
 - No resisted elbow extension for 6 weeks
 - Brace locked at 90° flexion x 4-6 weeks
 - PROM exercises may be done in supine position using biceps to actively flex to 90° and lower elbow to full extension
- Passive ROM 0° extension to 90° flexion
- Advance elbow flexion by 20° every 2 weeks
- No Active elbow extension x 4 wks
- Scar tissue mobilization
- Full ROM of shoulder

Week 4-6 – Continued Maximum Protection

- Progress to Full ROM^o - full flexion passive ROM
- Continued scar tissue mobilization
- Limit lifting to 5# for weeks 4-6

Week 6 – Initiate Active Elbow ROM

- Continued stretching with joint limitations or tissue limitation. Stretching to mid-range within tolerance
- Active ROM of elbow

Week 8-10- Initial Resistance

- If full active and passive ROM are achieved:
 - Begin light load resistance with high repetitions
 - Lifting no greater than 5 lbs.
- Progress resistance to 10 lbs.

Week 12

- Progress to load lifting as tolerated per functional goals/needs