Adam Seidl, MD
Associate Professor
Shoulder/Elbow Surgery
Department of Orthopedics
University of Colorado

Orthopedics
UNIVERSITY OF COLORADO

Highlands Ranch Hospital
(720) 516-4090
Inverness
(303) 694-3333
Anschutz Medical Campus
(720) 848-1900

Rehabilitation Protocol
Triceps Tendon Repair

Phase I: Protect Repair *(0 to 2 weeks)*

- **Precautions**
  - Elbow immobilized in posterior splint at 60° elbow flexion for 1st 2 weeks
  - No active elbow extension 6 weeks

- **ROM**
  - Gradual ↑ Active/Passive ROM of shoulder in all planes while in splint
  - Wrist/hand/finger full AROM in splint

- **Strength**
  - Scapular retractions
  - Shoulder shrugs

- **Modalities**
  - Hot pack before treatment
  - E-stim, TENS as needed
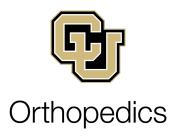 - Ice 10-15 minutes after treatment

- **Goals of Phase I**
  - Control pain and inflammation
  - Protect repair
  - Independent in HEP

Phase II: Progress Protected ROM and Function *(3-6 weeks)*

- **Precautions**
  - Elbow placed in a *hinged ROM brace* allowing 30°-60°
  - *Brace* to be worn at all times except during exercise or bathing
  - *Passive* ROM ONLY for elbow extension

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- **ROM**
  - Hinged Brace Range of Motion Progression (ROM progression may be adjusted base on Surgeon's assessment of the surgical repair.)
  - Week 2-3: 30°-60°
  - Week 4-5: 15°-90°
  - Week 6-7: 10°-110°
  - Week 8: 0°-125°
  - Forearm: Initiate AAROM pronation and supination
  - Progress to active pronation and supination (wk 4)
  - Shoulder AROM as needed in brace

- **Strength (in brace)**
  - Isometric shoulder exercises
  - Supine/standing rhythmic stabilizations
  - Wrist/hand: grip strengthening
  - Standing flexion and scaption
  - Side-lying ER
  - Isometric biceps pain free (week 6)

- **Manual**
  - Scar mobilization
  - Passive elbow extension
  - Joint mobs as needed

- **Modalities**
  - Heat/hot pack before therapy
  - US to incision as needed
  - Ice 10-15 minutes

- **Goals of Phase II**
  - Protection of repair
  - Gradual increase in ROM
  - Initiate strengthening to surrounding tissues
    - Improve scapular stability

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Phase III: Reach full ROM *(7-12 weeks)*

- **ROM**
  - Week 8 progress to full ROM of elbow; discontinue brace if adequate motor control
  - Initiate UBE light resistance
  - Exercises
  - Ball roll outs on table
  - Wall walk
  - Pulley

- **Strength**
  - Tricep/elbow extension progression
  - 6 weeks: initiate AROM
  - 8 weeks: initiate light Theraband resistance
  - Theraband IR/ER shoulder
  - Theraband bicep extension
  - Prone dumbbell Therex
  - Rhythmic stabilization

- **Manual**
  - Passive elbow extension if lacking
  - Joint mobs as needed to regain full flexion
  - Week 10: Passive or contract relax to gain full flexion if still lacking

Phase IV: Full ROM and Strength *(>12 weeks)*

- **Strength**
  - Progress strengthening program with increase in resistance and high speed repetition
  - Bicep curls with dumbbells
  - Initiate IR/ER exercises at 90° abduction
  - Progress rhythmic stabilization activities to include standing PNF patterns with tubing
  - Initiate plyotoss – double arm progress to single arm
  - Initiate sport specific drills and functional activities

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- o Initiate interval throwing program week 16-20
- o Initiate light upper body plyometric program week 16-20
- o Progress isokinetics to 90° abduction at high speeds

- **Modalities**
  - o Ice 15-20 minutes

- **Goals of Phase IV**
  - o Full painless ROM
  - o Maximize upper extremity strength and endurance
  - o Maximize neuromuscular control
  - o Optimize shoulder mechanics/kinematics
  - o Optimize core stability
  - o Initiate sports specific training/functional training