

TRICEPS TENDON REPAIR

PHASE 1: WEEK 1-2

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 1

- Control pain and inflammation
- Protect repair
- Independent in HEP

PHASE 2: WEEK 3-6

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

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 2

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

PHASE 3: WEEK 7-12

ROM

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

STRENGTH

- Tricep/elbow extension progression
 - o 6 weeks: initiate AROM
 - o 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

MODALITIES

- Ice 10-15 minutes

GOALS OF PHASE 3

- Reach full ROM
- Initiate loading to repair
- Enhance neuromuscular control
- Pain free ADLs

PHASE 4: WEEK 12+

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

MODALITIES

- Ice 15-20 minutes

GOALS OF PHASE 4

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