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

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

• **Manual**
  
  o Scar mobilization
  
  o Passive elbow extension
  
  o Joint mobs as needed

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

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