

## **Triceps Tendon Repair Procedure Rehabilitation Protocol**

### **Phase 1: Post Surgery: Tendon Healing (0-2 weeks):**

**Goals:** - Tendon Healing

**Precautions:** 0-90° elbow motion  
- Sling & splint use

#### **Physical Therapy and Suggested Exercises:**

-Shoulder Pendulum exercises  
-Active wrist & finger motion

#### **Criteria for Progression to Phase 2:**

-2 weeks

### **Phase 2: Early Motion (2-6 weeks)**

**Goals:** -Increase elbow motion weekly

- Week 2: 0-90
- Week 3: 0-100
- Week 4: 0-110
- Week 5: 0-120
- Week 6: 0-130

**Precautions:** -No Active elbow extension  
-Protected motion in hinged elbow brace

#### **Physical Therapy and Suggested Exercises:**

-Active elbow flexion  
-Light passive elbow extension  
-Active supination & pronation

#### **Criteria for Progression to Phase 3:**

-6 weeks post-op  
-full pronation & supination

### **Phase 3: Motion & Light Strengthening (6-12 weeks)**

**Goals:** - Increase Motion

**Precautions:** -No heavy weights

#### **Physical Therapy and Suggested Exercises:**

- Active elbow flexion
- Active supination & pronation
- Active assisted elbow extension
- Begin light isometric weight training

#### **Criteria for Progression to Phase 4:**

12 weeks

### **Phase 4: Advanced Strengthening, Transitions to Sport Specific Training (12-18 weeks)**

**Goals:**

**Precautions:**

#### **Physical Therapy and Suggested Exercises:**

- Increase weights

### **Return to Sport (After Post-op Week 16):**

**Goals:**

#### **Physical Therapy and Suggested Exercises:**

- Progressive return to sport
- Include a 5-10 minute cardiovascular warm up
- Ensure one rest day in between each sessions
- Continue stretching and strengthening exercises on rest days
- Follow a Sport Specific interval program