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