

Orthopaedic Sports Specialists, P.C.

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Post Operative Rehabilitation Protocol:

Triceps Tendon Repair at the Elbow

Immobilization:

Posterior split, elbow immobilization at 60 degrees for about 5-7 days.

Brace:

1. Elbow placed in ROM brace 5-7 days;
2. Post-operative ROM set 0 degrees extension to 60 deg flexion;
3. Gradually increase elbow ROM in brace

ROM Progression and brace progression:

Week 1: 0 degrees to 60/90 degrees.
Week 2-3: 0 degrees to 100 degrees flexion
Week 4-6: Full extension to full elbow flexion
Full supination/pronation
Week 7-8: Wean from brace.

ROM Exercises:

Week 2-3: Passive ROM for elbow flexion and
Supination; active assisted ROM for elbow
Extension and pronation – advance to full.
Week 3-4: Initiate AAROM elbow flexion
Week 4: Active ROM elbow flexion

Strengthening Program:

Week 1: isometrics for biceps and shoulder muscles
Week 2: isometrics (submaximal bicep curls)
Week 3-4: active ROM; no resistance applied
Week 5-8: PRE program is initiated for elbow extension
and supination/pronation
begin with 1lb and gradually increase
program shoulder strengthening program
Week 12-14: May initiate light weight training such as

Bench press and shoulder press