

# 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:** Elbow placed in ROM brace 5-7 days;  
Post-operative ROM set 0 degrees extension to 60 deg flexion;  
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