



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

#### **Following Surgery:**

- Expect arm to be placed in a posterior splint and sling for 2 weeks.
- Elevate and ice for at least 3 days.
- Continue to elevate as often as possible until your next clinic visit. (Elevate above your heart.)
- Shower with a plastic bag covering the splint and seal with tape.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

#### **Precautions:**

- **No lifting with Triceps for the first 8 weeks (do not lift > 5lb).**
- **Avoid resisted elbow flexion and forced passive extension for 8 weeks.**
- **No resisted triceps for 8 weeks.**

#### **2 weeks Post Op:**

- Follow up appointment in clinic for wound check and suture removal
- Application of Hinged elbow brace with limited flexion. Will increase flexion by 10 degrees per week.
- Anticipate initiated of therapy with gravity-assisted active and passive elbow extension may be initiated
- Initiate wrist and forearm active and gentle passive range of motion exercises, 6-8 times per day.

#### **6 Weeks Post Op:**

- Follow up appointment in clinic for wound check and suture removal

#### **12 Weeks Post Op:**

- Follow up appointment in clinic
- Initiate full active elbow flexion and extension exercises, 6-8 times per day.
- Begin to wean from splint.
- Initiate progressive strengthening of upper extremity strengthening program may be initiated
- Progressively return to normal use of the hand.