



Triceps Tendon Repair Rehabilitation Protocol

Following Surgery:

- Expect arm to be placed in a posterior splint and sling at 30-60° neutral rotation for +/- 5 days.
- 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.

5-10 Days Post Op (at therapy):

- New static elbow splint or long arm splint with elbow in 30° flexion is fabricated by therapist, to be worn at all times of day and night, may be removed for therapy exercises.
- Initiate wrist and forearm active and gentle passive range of motion exercises, 6-8 times per day.

10-14 Days Post Op (at therapy):

- Follow up appointment in clinic with PA.
- Sutures will be removed by office or therapist.
- Therapist will address edema control and scar management (Vitamin E or aloe). Within 48 hrs of suture removal, scar massage with lotion may be initiated.
- Continue exercises from Physical Therapy.

4-6 Weeks Post Op:

- Follow up appointment in clinic with PA or MD
- Gravity-assisted active and passive elbow extension may be initiated, 6-8 times per day.
- Active range of motion exercises are initiated for elbow flexion. Active range of motion from 0-30°, with 20° increase each week. Locking hinged elbow splint may be used in place of custom-made splint.

8-12 Weeks Post Op (at therapy):

- Initiate full active elbow flexion and extension exercises, 6-8 times per day.
- Begin to wean from splint. Dynamic splinting for elbow flexion may be initiated as necessary.
- A slow progressing upper extremity strengthening program may be initiated, on an every other day basis.

12 Weeks Post Op:

- Follow up appointment in clinic with MD