

## REHABILITATION PROTOCOL: DISTAL TRICEPS REPAIR

### ☐ Phase 1: (0-8 weeks)

- Elbow splint for 2 weeks
- Brace: Elbow ROM brace to begin at 2 weeks, locked at 30 degrees extension until 6 weeks.
- Begin PT at 4 weeks
  - PRECAUTIONS: NO FULL ELBOW FLEXION STRENGTH UNTIL 8 WEEKS. NO ACTIVE TRICEPS STRENGTHENING
  - Week 4: PROM to 75 degrees of flexion
  - Week 5: PROM to 90 degrees of flexion
  - Week 6: PROM to 110 degrees of flexion
  - Week 8: PROM to 130 degrees of flexion
  - Full elbow flexion achieved by 8 weeks

### ☐ Phase 2: (8-12 weeks)

- ROM: Progress to full ROM, discontinue brace when good motor control
- Begin strengthening and endurance exercises
  - Triceps/elbow extension progression
  - Progressive shoulder ROM and strengthening- theraband IR/ER
  - Biceps strengthening with theraband

### ☐ Phase 3: (>12 weeks)

- Strengthening
  - Progress strengthening program with increase in resistance and high speed repetition
  - Biceps curls with dumbbells
  - Initiate IR/ER exercises at 90 degrees abduction
  - Initiate sport specific drills and functional activities
  - Throwing program at 16-20 weeks
  - Light upper body plyometric program 16-20 weeks