



Green Bay • Fox Valley • Marinette

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## Physical Therapy Protocol: Triceps Repair

### Philosophy:

Rupture of the triceps tendon is a relatively rare injury and is more common in patients between the ages of 20-80. The injury can lead to elbow dysfunction, pain, and loss of strength. The injury can affect either the dominant or non-dominant elbow. The triceps repair protocol begins with early mobilization, followed by a progression to strength, and then advanced elbow function. An excellent result cannot be established without the patient following the therapist's instructions. Overall recovery is anticipated at 24 weeks, with typical results of 85-90% strength noted from pre-injury level in weight training, dips, etc (results can also improve up to a year post-op, depending on age and patient commitment). The following are guidelines for the triceps repair protocol.

### *Phase I, surgery to 2 weeks*

#### **OSMS appointments:**

Medical appointment at 2 weeks with initial film

Rehabilitation will begin as directed by your physician and as indicated on your rehabilitation order

#### **Rehabilitation Goals:**

Promote gentle shoulder, hand and wrist ROM

#### **Precautions:**

Sling for comfort

Compressive dressing

Splint/brace at 60 with wrist free for motion

#### **Suggested Therapeutic Exercises:**

Grip strengthening

Gentle wrist and hand ROM

#### **Cardiovascular Exercises (with sling on):**

Walking or Stairmaster

### *Phase II, 2-6 weeks*

#### **OSMS appointments:**

MD appointments at 6 weeks

Rehabilitation appointments every 5-7 days



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**Rehabilitation Goals:**

Sling for comfort

Continue shoulder strengthening and ROM

P/AROM elbow ROM is allowed

**Precautions:**

PASSIVE elbow extension to full

Begin active elbow extension WITHOUT resistance

**Suggested Therapeutic Exercises:**

Elbow and wrist isometrics

Ball squeezes

At 4 weeks, discontinue the hinged elbow brace

At 4 weeks, progress active flexion, begin active elbow extension WITHOUT resistance

**Progression Criteria:**

Full shoulder ROM

Flexible elbow motion actively

***Phase III, 6-12 weeks***

**OSMS appointments:**

MD appointment at 6 & 12 weeks

Rehabilitation appointments 1-2/week

**Rehabilitation Goals:**

Initiate strength and flexibility in all planes for elbow and shoulder

Advance resistance as tolerated

**Precautions:**

No throwing, or overhead serves

No plyometrics or cross-fit movements that affect elbow extension

**Suggested Therapeutic Exercises:**

Strengthening may include weights and bands, sets of 8 or more reps

After 16 weeks, initiate eccentric exercise program

After 16 weeks, plyometric exercise drills

After 16 weeks, initiate interval throwing program if applicable

**Progression Criteria:**

The patient can progress to full activities when they have met goals pain-free

Return to light throwing at 16 weeks

Throw from pitcher's mound at 12 weeks