



# The Orthopaedic & Fracture Clinic

## Triceps Repair Rehabilitation Protocol

### Goals:

- Protection of repair and healing tissue.
- Control pain and edema.
- Gradually regain motion and strength of the elbow.
- Maintain shoulder, forearm, and wrist AROM.

### Phase I (0 – Two Weeks Post Op)

- Immobilization in a hinged elbow brace locked in 30 degrees of elbow flexion and neutral forearm position.
- No use of elbow while in the brace.
- Preservation of shoulder and wrist AROM.

### Phase II (Two – Six Weeks Post Op)

- Edema and scar management mobilization.
- Out of brace ROM active flexion, passive extension through ROM limits.
  - Post op week two to three: limited to 75 degrees.
  - Post op week three to five: limited to 90 degrees.
  - Post op week five to seven: progress gradually to 100 degrees with gradual return of full flexion by 10 weeks post op.
- Continued shoulder, wrist, and hand ROM.

### Phase III (6 – 16 Weeks Post Op)

- Discontinue brace.
- Start AROM elbow and forearm at six to seven weeks post op.
- Start gradual strengthening at 12 weeks post op (light weight, high repetition exercises).

- No bench press, push ups, dips, incline press or military press until 16 to 20 weeks post op.
- Return to full unrestricted activities at four to six months post op.

The physician may deviate from this protocol dependent on tissue integrity at the time of the surgery and this will be noted on the referral.