

Distal Triceps Tendon Repair Protocol

March, 2025

- A. 0-2 weeks post-op
 - 1. Bracing: elbow immobilized in IROM locked at 60° elbow flexion
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. Exercise
 - a. P-AA forearm pronation and supination at 60° elbow flexion
 - d. Maintain ROM of shoulder, wrist, and hand
- B. 2-6 weeks post-op
 - 1. Bracing: elbow IROM opened with restrictions
 - a. 2 weeks post-op: 30-60°
 - b. 4 weeks post-op: 15-90°
 - 2. ROM restrictions
 - a. 2 weeks post-op: 60° flexion
 - b. 4 weeks post-op: 90° flexion
 - 3. Continue cryotherapy and modalities as indicated
 - 4. Exercise
 - a. Elbow ROM within restrictions. (passive extension, A-AA flexion guidelines)
 - c. Braced:
 - 1) Add light PRE work for shoulder / RC
 - 2) Grip strength
 - 3) No active or resistive triceps work/loading
- C. 6 weeks post-op
 - 1. Bracing: elbow IROM opened 10-110°
 - 2. ROM restrictions: 110° flexion
 - 3. Continue cryotherapy and modalities as indicated
 - 4. Exercise:
 - a. Begin active triceps extension, no resistance
 - b. Continue protective and braced shoulder / RC strengthening
- C. 8 weeks post-op
 - 1. Bracing: open full and then slowly wean from IROM
 - 2. ROM to tolerance
 - 3. Exercise
 - a. Initiate light and slowly progressed resisted triceps work
 - b. Comprehensive and progressive UE strength and stabilization work
- D. 12 weeks post-op
 - 1. Initiate appropriate sport specific exercise
 - 2. Initiate appropriate interval programs
- E. 16 weeks post-op
 - 1. Interval throwing
 - 2. Progressive UE plyometrics