

Distal Triceps Repair Rehabilitation

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-2 HEP daily	Edema and pain control Wrist, hand, shoulder ROM	Splint 60° flexion at all times	Wrist and hand ROM Gripping exercise Shoulder pendulum in splint Shoulder PROM exercises
Weeks 2-6 PT 1- 2x/week HEP daily	Edema and pain control ROM 0-100°	No active elbow extension XROM Brace locked at 60° for ADL's	Gradually progress ROM 0-100° Active flexion, passive extension Continue wrist, hand, shoulder ROM Light isometric biceps at 60° flexion Scapular neuromuscular exercises
Weeks 6-12 PT 2- 3x/week HEP daily	Full ROM	Brace open 0-90° for ADL's DC brace at 8 weeks No lifting/moving objects >5lbs	Progress ROM 0-120° until 8 weeks A/AA/PROM no limits after 8 weeks
Weeks 12-18 PT 2- 3x/week HEP daily	Improve strength	No brace	Continue ROM Initiate triceps strengthening
Weeks 18+ PT 1- 2x/week HEP daily	Return to play Unrestricted activity	No brace Return to sport (MD directed)	Increase intensity and duration triceps Sport specific exercises