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Post-Operative Protocol for Triceps Tendon Repair

Immediate Post-operative Phase: Restrictive Motion

Goals:

- Protect the anatomic repair
- Prevent negative effects of immobilization
- Diminish pain and inflammation

Day 1-14:

- Immobilization: Posterior splint, elbow immobilization at 45°
- Wrist/hand ROM exercises 4-6 times per day
- Hand gripping exercises 4-6 times per day

Intermediate Phase: Moderate Protection Phase

Goals:

- Gradually restore full ROM (week 10) in hinged elbow brace
- Preserve the integrity of the surgical repair
- No elbow extension strengthening for 14 weeks

Range of Motion Progression:

- Week 2: Full elbow extension to 40° flexion
- Week 3: Full elbow extension to 50° flexion
- Week 4: Full elbow extension to 60° flexion
- Week 5: Full elbow extension to 70° flexion
- Week 6: Full elbow extension to 80° flexion
- Week 7: Full elbow extension to 90° flexion
- Week 8: Full elbow extension to 110° flexion
- Week 9: Full elbow extension to 120° flexion
- Week 10: Discontinue brace.

Range of Motion Exercises:

- Week 2-9: Passive ROM for elbow extension, forearm pronation and supination
 - Active and active-assisted ROM for elbow flexion within confines of brace (see above)
- Week 9: Active and active-assisted ROM for elbow flexion, extension, supination, and pronation

Phase III: Strengthening Phase

- Week 14: Progressive resistive exercise program is initiated for elbow extension
 - Begin with one pound and gradually increase strengthening program
- Week 18: May initiate light weight training such as bench press and shoulder press
- Week 22: Full unrestricted strengthening activities