

TRICEPS REPAIR

REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-2 Weeks	30-60 degrees of flexion, in brace	Sling and hinged elbow brace locked at 30-60 degrees of flexion Worn at all times (brace can be removed for hygiene)	Gentle wrist and shoulder ROM, grip strength *Okay to use phone, desk work, etc but no lifting *Stationary bike, elliptical okay if arm in brace/splint and arm not being used
PHASE II 2-4 Weeks	PASSIVE elbow extension to full, active elbow flexion to 30 degrees, goal of 60 degrees flexion by 4 weeks	Continue brace locked at 30-60 degrees of flexion Worn at all times besides hygiene, can unlock or remove for exercises	Begin gentle, gradual active assisted/active flexion, continue wrist/shoulder ROM, gentle joint mobs okay No active extension
PHASE III 4-6 weeks	Progress to active flexion to 60 degrees, goal of 90 degrees flexion by 6 weeks Continue PASSIVE elbow extension to full	Continue brace at 30-60 degrees, discontinue at 6 weeks	Continue gradual active-assisted and active flexion, continue wrist/shoulder ROM, gentle joint mobs okay No active extension
PHASE IV 6-8 weeks	Gradual return to full active extension and flexion	Discontinue brace at 6 weeks	Begin gentle active extension without resistance
PHASE V 8-12 weeks	Full and pain-free AROM	None	Begin isometrics and light resistance with gradual progression as tolerated with slow steady movements
PHASE VI 12-16 weeks	Full and pain-free	None	Advance strengthening as tolerated No plyometrics or cross-fit movements that affect triceps (elbow extension)
PHASE VII 16+ weeks	Full and pain-free	None	Continue to advance weight/resistance gradually as tolerated, gradually resume to all activities *Recovery completed (>85%) by 24 weeks, maximum resistance (heavy weight training, dips, weighted dips, etc) will take up to one year to recover full ability, typically >10% or more loss from pre-injury level

**Patient scripts may vary- please follow script if different