



ADVANCED
ORTHOPAEDIC
SPECIALISTS



Distal Triceps Repair Rehab Protocol

Phase	ROM/Brace	Therapeutic Exercise
Phase II Weeks 2-8	<p>Hinged brace fitted</p> <p>Begin with elbow PROM 0-30 degrees of flexion, increase 30 degrees a week as tolerated</p> <p>No shoulder elevation greater than 100 degrees.</p>	<p>Wrist and hand exercises: putty, marbles, gripper, band digital extension, stretching, dexterity, ball squeeze</p> <p>Rotator cuff isometrics, periscapular AROM/coordination, wrist and hand gripper/band strengthening</p> <p><i>Weeks 3-4: initiate PROM elbow flexion and extension</i></p> <p><i>Weeks 5-6: initiate AAROM and progress to AROM, initiate bicep isometrics, PROM by PT</i></p> <p>No resisted elbow extension or shoulder extension with elbow at full extension</p>
Phase III Weeks 8-12	<p>Week 8: Full ROM</p> <p>Discontinue brace if adequate motor control</p>	<p>Initiate isotonic: light biceps, wrist flexors/extensors, rotator cuff/periscapular increasing 1lb/week</p> <p>Initiate UBE, AROM elbow all planes, progress PROM by PT</p>
Phase IV Weeks 12-16	<p>Stretching to tolerance</p> <p>No brace</p>	<p>Initiate tricep isotonic, progress stretching as tolerated, continue strengthening of shoulder/wrist/hand</p>
Phase V Weeks 16-20	<p>Stretching to tolerance</p> <p>No brace</p>	<p>Initiate light tricep isotonic, continue prior phases flexibility and strengthening, initiate two-hand plyometrics (i.e. chest pass with ball)</p>
Phase VI Weeks 20+	<p>Stretching to tolerance</p> <p>No brace</p>	<p>Sport and work specific training</p>