



TRICEPS REPAIR PT Protocol

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

Weeks 0-2:

- Elbow brace locked at 60 degrees of flexion

Week 2:

Remain in locked hinged elbow brace, unlock brace to do exercises 3-4 times per day
PASSIVE elbow extension to full, active elbow flexion to degrees of flexion by 4 weeks

Week 4:

- Remove hinged elbow brace
- Progress active flexions as tolerated, begin active extension without resistance

Week 6:

- Full active flexion and extension
- Begin isometrics/ light resistance

Week 8-12

- Advance resistance as tolerated, slow steady movements, set of 8 or more reps

Week 12

- Advance strengthening as tolerated
- No plyometrics or cross-fit movements that affect triceps (elbow extension)

Week 16

No restrictions, advance as tolerated

Week 24:

- Recovery completed (>85%), 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

Signature: _____ Date: _____