



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

Maximum Protection Phase (Day 1 to Week 8)

Weeks 0-2

- Brace: posterior splint locked at 60 degrees flexion
- ROM: elbow immobilized x2 weeks Wrist and hand ROM Gripping exercises Shoulder pendulum in elbow brace Perform PROM shoulder exercises
- Strengthening exercises: Gripping for hand Wrist flexion and extension, light dumbbell • Cryotherapy applied to triceps

Weeks 3-4

- ROM brace applied: 30 to 60 degrees of flexion
- No active elbow extension x4-6 weeks
- Continue shoulder PROM exercises
- Light isometric biceps at 60 degrees flexion
- Initiate ER/IR tubing at 0 degrees adduction
- Manual scapular neuromuscular exercises (seated)
- Continue shoulder, elbow, wrist PROM
- Continue with ice and compression

Weeks 5-6

- ROM brace: increase ROM to 15-90 degrees gradually
- Initiate light shoulder and scapular strengthening exercises at 6 weeks

Weeks 7-8

- ROM brace: progress to 0 to 125 degrees at 8 weeks
- Initiate light isotonic strengthening for shoulder and scapula
- Continue ice prn

Moderate Protection Phase (Weeks 9-16)

Weeks 9-12

- Progress strengthening exercises slowly

Comments:

___ Functional Capacity Evaluation ___ Work Hardening/Work Conditioning ___ Teach HEP



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

Modalities:

- Electric Stimulation
- Ultrasound
- Iontophoresis
- Phonophoresis
- TENS
- Heat before/after
- Ice before/after
- Trigger points massage
- Therapist's discretion
- Other _____

Signature: _____ **Date:** _____