

Triceps Repair

NOTE—All patients should be treated for edema control, scar management, silicone gel and desensitization as needed.

5 Days Post Op

Anterior splint—long arm splint with elbow in 30 degrees of flexion—to be worn at all times except during times of exercise

Exercises—to be performed 6-8 times a day

- A/PROM of wrist and forearm
- Active elbow flexion with passive elbow extension within a 60 degree arc (20-80 degrees).

Both of these exercises should be performed with the elbow by the patient's side.

DO NOT overstretch the triceps tendon. Active elbow flexion will be increased 10-15 degrees each week.

2 Weeks Post Op

Allow for 90-95 degrees of active elbow flexion

4 Weeks Post Op

Allow for 105-110 degrees of active elbow flexion
Isometric strengthening for shoulder and wrist

5 Weeks Post Op

Allow for 120-125 degrees of active elbow flexion

6 Weeks Post Op

Isometric strengthening for forearm with elbow maintained at 90 degrees
Light isometric contraction of the triceps with 5 second holds. Watch for co-contraction of the biceps and triceps.

8 Weeks Post Op

Discharge splint
Full A/PROM of the elbow

10 Weeks Post Op

Light resisted exercises for elbow extension in gravity lessened positions.