

# Triceps Tendon Repair Postop Protocol

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## General Notes:

- Initial postop splint used for 2 weeks
- Sutures removed approximately POW2
- No deep elbow dips, pushups or pressing type exercises until 6 months postop
- Static splinting for ROM may be initiated as needed starting POW6

Postop Week	Weightbearing	Splint/Brace	ROM	Exercise
<b>Phase I</b> Week 0 - 2	NWB	Postop splint remains on at all times with elbow held at ~45 deg extension	<u>Elbow:</u> - No motion <u>Shoulder:</u> - No motion	Scapular retraction, traps, emphasize posture
<b>Phase II</b> Week 3 - 4	NWB	Removable thermoplast splint or hinged elbow brace at 60	<u>Elbow:</u> - ROM 20 – 90 and progress 10 deg per week for flexion and extension - Passive extension - Active flexion - AROM Pronation/supination as tolerated without motion restriction  <u>Shoulder: PROM ONLY</u> - ROM as tolerated with elbow protected in splint	Phase I above  ROM only  No strengthening
<b>Phase III</b> Week 4 - 6	NWB	Removable thermoplast splint or hinged elbow brace at 90	<u>Elbow:</u> - Progress passive extension as tolerated - Progress active flexion 10 deg/week until full/symmetrical  <u>Shoulder:</u> - Continue ROM as tolerated while elbow protected in splint	Continue Phase II  ROM only  No strengthening
<b>Phase IV</b> POW 6 - 8	5lbs with arm at side.  ADLs	No brace	<u>Elbow:</u> - PROM as tolerated - AROM flexion as tolerated - Start AAROM extension without resistance and gravity eliminated  <u>Shoulder:</u> - Phase III, ok to do ROM without splint	Continue Phase III
<b>Phase V</b> Week 8 - 12	5lbs.	No brace	<u>Elbow:</u> - PROM/AROM as tolerated flexion/extension	Continue Phase IV  <u>Shoulder:</u>

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			<u>Shoulder:</u> - no restrictions	- progress strengthening but avoiding any movement that will involve triceps
<b>Phase VI Week 12 - 24</b>	As tolerated.	No brace	<u>Elbow:</u> - PROM/AROM as tolerated flexion/extension  <u>Shoulder:</u> - no restrictions	<u>Elbow:</u> - start light resistance and progress as tolerated avoiding uncontrolled motion and explosive movements
<b>Phase VII Week 24 and beyond</b>	As tolerated	No brace	<u>Elbow:</u> - PROM/AROM as tolerated flexion/extension  <u>Shoulder:</u> - no restrictions	<u>Elbow:</u> - Begin return to sport drills and full activity

### Notes:

#### Adapted from:

Paci et al Arthrosc Tech 2014

Bennett et al J Hand Surg 2015

Yeh et al JAAOS 2010