



Triceps Repair
 Daniel Lygrisse, D.O.
 Midwest Orthopaedic Center - Peoria, IL

	PRECAUTIONS	ROM	EXERCISES
Phase 1: 0-6 weeks 2x/week	Sling Hinged Elbow Brace (HEB) (X-act ROM) NWB UE	90° elbow Flexion limit Full Elbow extension PROM Full hand and wrist ROM	Hand, wrist and forearm AROM exs. Passive Elbow extension. Shoulder isometrics Start STM to incision around 4 weeks
Phase 2: 6-8 weeks 2-3x/week	D/C Sling HEB	Advance elbow Flexion 10° per week until full ROM achieved Match X-ACT brace to patient's ROM	Continue phase 1 exs. Elbow PROM, gentle stretch Begin RTC isotonic strengthening
Phase 3: 8-12 weeks 2-3x/week	HEB	Advance elbow Flexion 10° per week until full ROM achieved Match X-ACT brace to patient's ROM	Initiate Elbow Strengthening in short-arc range of motion Shoulder PRE's
Phase 4: 12-16 weeks 1-2x/week	D/C HEB No restrictions	Full ROM	Progress Elbow PRE's into mid-ranges
Phase 5: 4+ months 1-2x/week	None	Full	Full ROM strengthening Advance to Sports-specific rehab Advance Work-specific rehab

MD post op appts: 2 weeks, 6 weeks, 12 weeks;
 Please send OT progress notes prior to each of these MD appts.
 This protocol is not a substitute for clinical decision making of the health care professional.
 Please see OT referral for any specific post op instructions; Call for op-reports if needed.