Triceps Repair Physical Therapy Protocol

Name:__________________________________________________ Date:__________

Diagnosis:  s/p RIGHT/LEFT Triceps Repair

Frequency: 1  2  3  4 times / wk Duration: _____________weeks

Week 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 60°
  Progress to 90° 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

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

Modalities
___ Electric Stimulation ___ Ultrasound ___ Iontophoresis ___ Phonophoresis
___ TENS ___ Heat before ___ Ice after ___ Trigger points massage ___ Therapist’s discretion

Signature__________________________________________ Date__________________