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TRICEPS TENDON REHABILITATION PROTOCOL

| | RANGE OF MOTION | IMMOBILIZER | THERAPEUTIC EXERCISE |
|--|---|--|---|
| PHASE I 0 - 2 weeks | None | Splint for first week Elbow TROM at first post-op visit | Gentle wrist and shoulder ROM |
| PHASE II 2 - 6 weeks | ROM 0-90 ° x 4 weeks then advance | Brace worn at all times (including exercise) - removed for hygiene | Continue with wrist and shoulder ROM, begin active flexion , NO active extension, gentle joint mobilizations |
| PHASE III 6 - 9 weeks | Active flexion ° Full ROM | Worn at all times (including exercise) - removed for hygiene | Continue to maintain wrist and shoulder flexibility, begin rotator cuff/deltoid isometrics, progress active flexion in brace, begin gentle extension strength |
| PHASE IV 9 - 12 weeks | Gently advance ROM to tolerance | None | Begin active flexion and extension against gravity, advance strengthening in phase III to resistive, maintain flexibility/ROM |
| PHASE V 12 weeks - 6 months | Gradual return to full and pain-free | None | Begin gentle extension strengthening, advance activities in phase IV |
| PHASE VI | Full and pain-free | None | Return to full activity |

**6 months and
beyond**