

TRICEPS TENDON REPAIR PT PROTOCOL

	BRACE INSTRUCTIONS AND RESTRICTIONS	RANGE OF MOTION GOALS	PT EXERCISES/NOTES
PHASE 1 First 3 Weeks (0-3) 1 Session/week Begin after 2 weeks	<ul style="list-style-type: none"> - Posterior Splint at 60 degrees x 10-14 days full time, transition to hinged elbow brace - Sling use full time x 3 weeks except PT exercises and hygiene - No active elbow extension 	<ul style="list-style-type: none"> - Begin short arc gentle elbow PROM after 2 weeks (Goal of 30-75 deg by 3 weeks) 	<ul style="list-style-type: none"> - AROM/PROM of shoulder, wrist, and hand - Pendulum shoulder ROM - Gentle short arc elbow PROM - Assist with ADLs
PHASE 2 Second 3 Weeks (3-6) 1-2 Sessions/week	<ul style="list-style-type: none"> - Discontinue sling - No active elbow extension - Continue hinge elbow brace at all times except PT exercises and hygiene 	<ul style="list-style-type: none"> - Continue with PROM, elbow flexion AROM/AAROM/ PROM and appropriate joint mobilizations (Goal of 30-90 deg by 4 weeks, 15-110 deg by 6 weeks) 	<ul style="list-style-type: none"> - Continue Phase 1 exercises - Light isometric biceps exercises at 60 deg - Initiate IR/ER at 0 deg adduction - Progress elbow PROM to goal
PHASE 3 Second 6 Weeks (6-12) 1-2 Sessions/week	<ul style="list-style-type: none"> - Discontinue hinge elbow brace at 8 weeks 	<ul style="list-style-type: none"> - Progress to full AROM in all planes (Goal of 0-130 deg by 8 weeks) 	<ul style="list-style-type: none"> - Continue Phase 2 exercises - Full elbow extension to tolerance - Begin biceps AROM after 6 weeks - Initiate light shoulder and scapular strengthening exercises - Begin triceps resistance and strengthening after 9 weeks

PHASE 4 12 Weeks + Sessions as needed 1/week or every other week Transition to home exercise program	- Progress to full lifting and carrying	- Advance to full AROM in all planes	- Progress resistive strengthening of the upper extremity - Return to work: Light manual duty after 12 weeks , heavy manual duty after 16+ weeks - Return to sport after 6 months as determined by MD
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This protocol is intended for the purposes of guiding post-surgical or post-injury rehabilitation exercises and goals. These guidelines may be interpreted by a certified physical or occupation therapist and tailored to meet patient specific goals and expectations. Other specific modifications may be made by Dr. Butterfield depending on adjuvant surgical procedures, surgical findings, or rehabilitation progress.

Please fax initial physical therapy assessment and progress notes to Dr. Butterfield at 763-717-4139. You may direct questions regarding this protocol or patient progress to our office at 763-786-9543.