

Distal Triceps Repair/Reconstruction Postoperative Rehab Protocol

REHAB PROTOCOL

Immediate Postoperative Phase: Weeks 0-2

Goals	<ul style="list-style-type: none"> • Protect the surgical site and ensure wound healing • Limit pain and inflammation
Splint	<ul style="list-style-type: none"> • Post operative splint to remain intact with 60° of elbow flexion • Keep this clean, dry, and intact until the first postoperative appointment
Range of Motion	<ul style="list-style-type: none"> • Ok for wrist, hand, finger active range of motion
Strengthening	<ul style="list-style-type: none"> • No formal strengthening • Gentle gripping exercises

Early Postoperative Phase: 2-6 weeks postoperative

Goals	<ul style="list-style-type: none"> • Protect the surgical repair • Limit pain and inflammation • Gradually increase range of motion
Brace	<ul style="list-style-type: none"> • Hinged elbow brace at all times
Range of Motion	<ul style="list-style-type: none"> • Elbow Extension-flexion arc in brace <ul style="list-style-type: none"> ◦ Full extension as tolerated to 90° of elbow flexion • No active elbow extension <ul style="list-style-type: none"> ◦ Passive ROM only • Ok for active elbow flexion to 90° • Active assist forearm pronation and supination <ul style="list-style-type: none"> ◦ Progress to active forearm pronation and supination at week 4
Strengthening	<ul style="list-style-type: none"> • Isometric Rotator cuff shoulder exercises with scapula strengthening <ul style="list-style-type: none"> ◦ No shoulder extension strengthening • Gripping exercises

Gentle Strengthening Phase: 6-12 weeks postoperative

Goals	<ul style="list-style-type: none">• Protect the surgical repair• Ensure full elbow and forearm range of motion• Begin gradual strengthening for functional activities
Brace	<ul style="list-style-type: none">• Discontinue hinged elbow brace when directed by Dr. Schuette<ul style="list-style-type: none">◦ Typically at 6-8 weeks
Range of Motion	<ul style="list-style-type: none">• Ok to begin active elbow extension• Slowly progress active and passive ROM as tolerated
Strengthening	<ul style="list-style-type: none">• 8 weeks: initiate light triceps isometrics• 10 weeks: initiate light triceps TheraBand exercises• No resisted triceps isotonic exercises for 12 weeks• Gradually progress biceps, shoulder strengthening

Progressive Strengthening Phase: 12+ weeks postoperative

Goals	<ul style="list-style-type: none">• Progress strengthening for functional activities• Return to work/light sports
Range of Motion	<ul style="list-style-type: none">• Ensure full active and passive elbow and forearm ROM
Strengthening	<ul style="list-style-type: none">• 12 weeks: begin and progress isotonic triceps strengthening• 16 weeks: No restrictions, advance gradually as tolerated
Return to full sport and heavy labor	<ul style="list-style-type: none">• Typically, full return to sport/heavy labor at 5-6 months• Dr. Schuette will discuss return to sport/heavy labor with patient

Please have physical therapist call Dr. Schuette's office with any questions: (952) 442-2163