

DISTAL TRICEP TENDON REPAIR PROTOCOL

Phase I (Weeks 2 to 4)

Goals:

- Elbow ROM increase flexion by 10 degrees per week until full
- Passive extension as tolerated. At week 4 active assisted then active as tolerated
- Full pronation and supination ROM
- Minimize swelling

Precautions:

- No active elbow extension or lifting
- No aggressive elbow extension stretching, just passive extension ROM to pt tolerance

Treatment:

- PROM for elbow flexion and supination (with elbow at 90) to pt tolerance
- AAROM for elbow extension and pronation (with elbow at 90) to pt tolerance
- Shoulder, wrist and hand AROM, avoiding excessive shoulder extension
- Modalities to minimize pain and inflammation

Phase II (Weeks 4 to 8)

Goals:

- Full elbow and forearm AROM
- Scar management

Treatment:

- AAROM elbow flexion, progressing to AROM
- No aggressive elbow extension stretching
- Scar mobilization
- Grip strengthening
- Pulleys, UBE
- Progress to gentle strengthening at 6 weeks
- Shoulder/scapular stabilization
- Elbow joint mobilization

Phase III (Week 8 and beyond)

Treatment:

- If ROM restrictions persist, begin more aggressive stretching
- Progress strengthening gradually in all directions after week 8
- Return to mostly unrestricted activity at 4 months.
- Unrestricted intensity of tricep dips may begin between 4-6 months at the discretion of the surgeon