

Physical Therapy Protocol Triceps Tendon Repair

Recommendation: PT/OT visits 2-3x/week for 8-12 weeks

Day 0-10

- Remain in posterior splint
- Elbow immobilized in extension
- Transition to hinged elbow brace in clinic

Day 10-21

- Hinged elbow brace on at all times (except to shower)
- Brace unlocked from full extension to 60 degrees flexion

Hinged elbow brace progression

- Week 3: Full extension to 60 degrees flexion
- Week 4: Full extension to 75 degrees flexion
- Week 5: Full extension to 90 degrees flexion
- Week 6: Full extension to 110 degrees flexion
- Week 7: Full extension to 130 degrees flexion
- Week 8: Remove brace – full elbow ROM

Week 3-8 (based on limitations as above)

- Passive ROM for elbow extension
- Assisted ROM for elbow flexion

Week >8

- Begin resistance and strength training
- Work towards home program
- Goal for full flexion, extension, supination and pronation