

**Triceps
Repair**



Post-op protocol for ***Daniel Myer, M.D.***

Phase I: 0-7 days	<ul style="list-style-type: none">• Immobilization in post-op splint / hinged elbow brace• Wrist is free: encourage full A/PROM wrist and fingers• Sling for comfort• Shoulder PROM and simple AROM as needed for ADL's
Phase II: 1-6 wks	<ul style="list-style-type: none">• Edema and scar management• Full A/PROM pronation, supination, wrist and fingers• Transition from splint into hinged elbow brace• OK to be out of sling• Progressive active elbow flexion and passive, gravity-assisted elbow extension through ROM determine at time of surgery (based on tension, chronicity, tissue, patient compliance, healing risk, etc.)• Common Post-op Guideline: Brace unlocked in the range below.<ul style="list-style-type: none">1st week: splint2nd week: 0-403rd week: 0-604th week: 0-905th week: 0-1206th week: 0-120+ <p>** Precaution: no active elbow extension during this phase</p>
Phase III 6wks – 4mo	<ul style="list-style-type: none">• Discontinue brace• Simple AROM elbow extension without resistance• OK to use elbow fully for ADL's• Start gradual strengthening at 10 weeks post-op<ul style="list-style-type: none">*1-2lb PRE's with gradual progression using low weight / high rep• Continue full shoulder / wrist / hand exercises• Goal of full resisted triceps / bench / military press / etc. at 4 months: at a low weight, high rep rate• Typical full return to unrestricted sporting activity around 5-6 months<ul style="list-style-type: none">*contact sports and heavy lifting included

Special Notes: