

TRICEPS TENDON REPAIR

Physical Therapy, Strength and Conditioning

PHASE I: MAXIMUM PROTECTION (0 TO 14 DAYS)

- Complete Immobilization in 60° Splint

PHASE II: PROGRESSIVE STRETCHING AND RANGE OF MOTION (WEEKS 2-6)

- Hinged elbow brace 0-60° (Weeks 2-4)
- Hinged elbow brace 0-90° (Weeks 4-6)
- Discontinue brace at 6 weeks
- Begin passive elbow extension to 0 degrees and active flexion to end of motion limits
- Begin passive forearm pronation and supination.
- Begin active shoulder protraction/retraction

PHASE III: ACTIVE MOTION (WEEKS 6 TO 8)

- Discontinue brace at 6 weeks
- Begin active range of motion of the wrist in all planes
- Begin prone scapular strengthening series (unweighted)
- Light resistance rotator cuff and scapular strengthening program; avoid load specific to elbow flexion/extension and supination/pronation
- CKC progression beginning with quadruped
- Weighted prone scapular stabilization exercises

PHASE IV: STRENGTHENING (WEEK 8 TO 16)

Weeks 8 to 10

- Continue with end range stretching
- Begin active extension of the elbow and wrist in all planes
- Advance RC and scapular strengthening program
- Advance CKC program with push-up progression (beginning with wall, table, knee, and regular)
- Begin wrist and forearm strengthening all planes

Weeks 12 to 16

- Begin isolated resisted triceps strengthening
- Begin global upper extremity gym strengthening program with gradual weight increase
- Advance intensity of forearm and hand strengthening, including wrist extension
- Initiate Plyometric Drills
 - Plyoball wall drills, Double arm rebounder drills progressing to single arm

PHASE V: RETURN TO SPORT (WEEK 16 TO 24)

- Follow-up appointment with physician
- Initiate return to sport program per physician approval
- Full return to play between 4-6 months post-op