

TRICEPS REPAIR

REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-2 Weeks	PASSIVE elbow extension as tolerated, active/passive flexion will vary per patient**	Sling and posterior splint or hinged elbow brace locked at 70 degrees** Worn at all times, remove for hygiene and exercises	Gentle wrist and shoulder ROM, grip strength *Okay to use phone, desk work, etc but no lifting *Lower body, core, and cardio (no running) okay if arm in brace/splint and arm not being used
PHASE II 2-4 Weeks	PASSIVE elbow extension to full, active elbow flexion to 30 degrees, goal of 70 degrees flexion by 4 weeks**	Brace unlocked 0-70 degrees** Worn at all times, remove for hygiene and exercises	Begin active assisted/active flexion as tolerated, passive extension, continue wrist/shoulder ROM, gentle joint mobs okay No active extension
PHASE III 4-6 weeks	Progress active flexion as tolerated, goal of 100 by 6 weeks Continue PASSIVE elbow extension to full	Continue brace unlocked for ROM 0-100 degrees, discontinue at 6 weeks	Continue gradual active-assisted and active flexion, continue wrist/shoulder ROM, gentle joint mobs okay No active extension
PHASE IV 6-8 weeks	Gradual return to full active extension and flexion	Discontinue brace at 6 weeks	Begin gentle active extension without resistance
PHASE V 8-12 weeks	Full and pain-free AROM	None	Begin isometrics and light resistance with gradual progression as tolerated with slow, steady movements
PHASE VI 12-16 weeks	Full and pain-free	None	Advance strengthening as tolerated No plyometrics or cross-fit movements that involve triceps (elbow extension)
PHASE VII 16+ weeks	Full and pain-free	None	Continue to advance weight/resistance gradually as tolerated, gradually resume to all activities

**Patient protocols may vary. Please follow patient-specific script if modified