

### Triceps Tendon Repair Rehabilitation Protocol

	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises</b>
<b>Phase 1</b> 0-1 week	Splint at all times	None	None
<b>Phase 2</b> 1-6 weeks	Elbow brace with 70° flexion block  Elbow brace at all times except for hygiene	Begin active assist ROM  Initially Limit Flexion to 70°, Advance to flexion by 10° per week.	Wrist/Shoulder ROM exercises  No active extension, may perform passive full extension.
<b>Phase 3</b> 6-9 weeks	None	Advance to full flexion  Continue passive/active assist elbow ROM	Begin triceps isometrics  No active extension  Begin rotator cuff and deltoid isometrics  Maintain shoulder and wrist ROM
<b>Phase 4</b> 9-12 weeks	None	Full and pain free	Begin active extension against gravity  No triceps resistance extension  Advance active resistance for deltoid and rotator cuff only
<b>Phase 5</b> 12 weeks – 6 months	None	Full	Being gradual elbow strengthening against resistance and progress to full activity