

Distal Triceps Tendon Repair Rehabilitation Protocol

- I. 0-6 Weeks
 - a. Immobilize in splint at 45-80 degrees for total of 6 weeks
 - b. 6-8 times/day:
 - i. Active Wrist ROM/Fist Pumps
 - ii. Shoulder Pendulums/Active Shoulder ROM
 - iii. Scapular stabilization/shoulder shrugs and hold
 - iv. Active elbow flexion to 80-90 degrees; passive elbow extension
 - v. Active supination/pronation
- II. 6-10 Weeks
 - a. Discontinue full-time splint
 - b. Extension splint at nights while sleeping (through 12 weeks)
 - c. ROM:
 - i. Passive Elbow Extension
 - ii. Active Elbow Flexion
 - iii. Active Supination/Pronation
 - d. Continue with periscapular strengthening and Wrist/Fist ROM and Pumps
- III. 10-16 Weeks
 - a. Start Progressive Active and Active Assisted Elbow Extension Exercises
 - b. Begin low-weight, high repetition strengthening program
- IV. 16 Weeks
 - a. Once full range of motion achieved, may increase strength training as tolerated
- V. Return to Full Sports at 4-6 Months
 - a. When 80% strength and full ROM obtained

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Reference: Bach BR, Warren RF, and Wickiewicz TL. "Triceps Rupture: A case report and literature review," AJSM 15(3), 285-9. 1987