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Distal Triceps Tendon Repair Rehab Protocol

POSTOPERATIVE MANAGEMENT:

Remain in splint until first post-op appointment. Keep it dry.
Wrist range of motion and hand gripping exercises

Week 1-3 (after post-op visit):

- Transition from splint into a hinged elbow brace
 - ROM 0-90 with NO active extension
- Wrist and hand ROM with gripping exercises

Week 3-6:

- Achieve full active assisted elbow flexion
- Achieve full passive assisted (gravity/manual) elbow extension
- Continued exercises listed above

Week 6-10:

- Begin active elbow flexion and extension exercises
- No forced extension allowed
- Continue exercises listed above

Week 10-12:

- Resume routine daily activities
- Extension force limited to 15lbs

Week 12+:

- Resume full daily activities
- Full extension strengthening allowed
- Sport specific training with goal of returned back to activity

Criteria for discharge:

1. Full, pain free range of motion
2. Strength is equal bilaterally
3. Has met specific functional/activity goals
4. Has been cleared by physician