**Triceps Tendon Repair**

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This protocol was developed for patients who have had a triceps tendon repair. The goal of this protocol is to advance range of motion and strength as directed while protecting the repair to ensure optimal healing.

Patients will begin physical therapy after their first post operative visit with the physician. The dressing will have been removed and patients will be in a hinged elbow brace.

Primary goals in the early weeks are to begin increasing ROM while protecting the repair.

**Initial Post-operative Immobilization**

* Posterior splint or brace, elbow immobilization at 60° (Unless otherwise indicated by surgeon).

**PHASE 1: WEEK 1-2**

PRECAUTIONS

* Elbow immobilized in posterior splint at 60° elbow flexion for 1st 2 weeks
* No active elbow extension 6 weeks

ROM

* Gradual ↑ Active/Passive ROM of shoulder in all planes while in splint
* Wrist/hand/finger full AROM in splint

STRENGTH

* Scapular retractions
* Shoulder shrugs

MODALITIES

* Hot pack before treatment
* E-stim, TENS as needed
* Ice 10-15 minutes after treatment

GOALS OF PHASE 1

* Control pain and inflammation
* Protect repair
* Independent in HEP

**PHASE 2: WEEK 3-6**

PRECAUTIONS

* Elbow placed in a hinged ROM brace allowing 30°-70°
* Brace to be worn at all times except during exercise or bathing
* Passive ROM ONLY for elbow extension

ROM

* Hinged Brace Range of Motion Progression 30-70 degrees
* Wrist/hand: grip strengthening
* Standing flexion
* Side-lying ER
* Isometric biceps pain free (week 6)

MANUAL

* Scar mobilization
* Passive elbow extension
* Joint mobilization as needed

MODALITIES

* Heat/hot pack before therapy
* US to incision as needed
* Ice 10-15 minutes

GOALS OF PHASE 2

* Protection of repair
* Gradual increase in ROM
* Initiate strengthening to surrounding tissues
* Improve scapular stability

**PHASE 3: WEEK 7-12**

ROM

* Week 8 progress to full ROM of elbow; discontinue brace if adequate motor control
* Initiate UBE light resistance
* Exercises
	+ Ball roll outs on table
	+ Wall walk
	+ Pulley

STRENGTH

* Tricep/elbow extension progression
	+ 8 weeks: initiate AROM
	+ 10 weeks: initiate light theraband resistance
* Theraband IR/ER shoulder
* Theraband bicep extension
* Prone dumbbell therex
* Rhythmic stabilization

MANUAL

* Passive elbow extension if lacking
* Joint mobs as needed to regain full flexion
* Week 10: Passive or contract relax to gain full flexion if still lacking

MODALITIES

* Ice 10-15 minutes

GOALS OF PHASE 3

* Reach full ROM
* Initiate loading to repair
* Enhance neuromuscular control
* Pain free ADLs

**PHASE 4: WEEK 12+**

STRENGTH:

* Progress strengthening program with increase in resistance and high speed repetition
* Bicep curls with dumbbells
* Initiate IR/ER exercises at 90° abduction
* Progress rhythmic stabilization activities to include standing PNF patterns with tubing
* Initiate plyotoss – double arm progress to single arm
* Initiate sport specific drills and functional activities
* Initiate interval throwing program week 16-20
* Initiate light upper body plyometric program week 16-20
* Progress isokinetics to 90° abduction at high speeds

MODALITIES

* Ice 15-20 minutes

GOALS OF PHASE 4

* Full painless ROM
* Maximize upper extremity strength and endurance
* Maximize neuromuscular control
* Optimize shoulder mechanics/kinematics
* Optimize core stability
* Initiate sports specific training/functional training