



ELBOW DISTAL TRICEPS REPAIR POST-OPERATIVE

GUIDELINES Phase 1: Recovery (Weeks 0-2)

PRECAUTIONS

- Elbow immobilized in posterior splint at 60° flexion for weeks 0-2
- No active elbow extension for 6 weeks

ROM

- Gradual increase A/PROM shoulder in all planes
- Wrist/hand/finger full AROM

STRENGTHENING

- Scapular retractions
- Shoulder shrugs

MODALITIES

- Heat prior to treatment
- E-stim, TENS prn
- Ice 10-15min after treatment

GOALS

- Control pain/inflammation
- Protect repair
- Independent in HEP



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Phase 2: Recovery (Weeks 3-6)

PRECAUTIONS

- Elbow placed in hinged ROM brace allowing 30-60°
- Brace to be worn at all times except during exercise or bathing
- Passive ROM only for elbow extension

ROM

- Hinged brace ROM (may be adjusted per Dr. Hippensteel request)
 - Week 2-3: 30-60°
 - Week 4-5: 15-90°
 - Week 6-7: 10-110°
 - Week 8: 0-125°
- Forearm: initiate AAROM pronation and supination
 - Progress to active pronation/supination (week 4)
- Shoulder AROM as tolerated in brace

STRENGTH

- Isometric shoulder exercises
- Supine/standing rhythmic stabilizations
- Wrist/hand: grip strength
- Standing flexion and scaption
- Side-lying ER
- Isometric biceps pain free (week 6)

GOALS of Phase II

- Protect repair
- Gradual increase in ROM
- Initiate strengthening to surrounding tissues
- Improve scapular mobility and stability

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Phase 3: Recovery (Weeks 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
 - Pulleys

STRENGTHENING

- Triceps/elbow extension progression
- 6 Weeks: initiate AROM
- 8 Weeks: initiate light theraband resistance
 - Theraband IR/ER shoulder
 - Theraband bicep extension
- Prone dumbbell Therex
- Rhythmic stabilization

MANUAL

- Passive elbow extension if lacking
- Joining mobs as needed to regain full flexion
- Week 10: passive or contract-relax to gain flexion if lacking

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Phase 4: Recovery (12+)

STRENGTHENING

- Progress with increase in resistance and high speed repetition
- Bicep curls with dumbbells
- Initiate IR/ER exercises at 90° abduction
- Progress rhythmic stabilization to include standing PNF patterns with tubing
- Initiate plyo-toss
 - Double-arm progress to single-arm
 - Initiate sport-specific drills and functional activities
- Initiate interval throwing program (if a thrower) at week 16-20
- Initiate light upper body plyometric program week 16-20
 - Progress isokinetics to 90° abduction at high speeds

GOALS of Phase IV

- Full painless ROM
- Maximize UE strength and endurance
 - Maximize NM control
- Optimize shoulder mechanics/kinematics
- Optimize core stability
- Initiate sport-specific training / functional training