Connecticut Orthopaedics

Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

Distal Triceps Repair
Post-Operative Protocol

Phase I – Maximum Protection
Day 0 to Day 10:
- Complete immobilization in 90° splint
- Sling for 6 weeks
- Shoulder pinches and cervical range of motion

Phase II – Progressive Stretching and Range of Motion
10 Days to 3 Weeks:
- Brace locked at 30 degrees for 4 weeks (re-evaluation)

Weeks 3 to 4:
- Discontinue brace at 6 weeks

  Exercise progression
  - Begin passive elbow extension to 0 degrees and active flexion to 30 degrees
  - Begin active shoulder protraction/retraction

Week 4:
- ***Re-evaluation is essential to determine progress***

Weeks 4 to 6:
- Maintain program as previously outlined
- Begin opening brace 15 degrees each direction per week
  - Discontinue brace at 6 weeks

  Exercise progression
  - Initiate gradual range of motion progression with active assisted/passive flexion to full
  - Initiate active assisted/passive pronation/supination

Phase III – Active Motion
Weeks 6 to 8:
- Discontinue brace at 6 weeks

  Exercise progression
  - Begin active range of motion of the wrist in all planes
  - Begin prone scapular strengthening series (unweighted)
  - Light resistance rotator cuff and scapular strengthening program
    - Avoid load specific to elbow flexion/extension and supination/pronation
  - CKC progression beginning with quadruped
  - Weighted prone scapular stabilization exercises

Phase IV – Strengthening
Weeks 8 to 10:

Exercise progression
- Continue with end range stretching
- Begin active range of motion of the elbow and wrist in all planes
- Advance rotator cuff and scapular strengthening program
- Advance CKC program with push-up progression (beginning with wall, table, knee, and regular)
- Begin wrist and forearm strengthening all planes

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Weeks 12:

Exercise progression

- Begin isolated resisted triceps strengthening
- Begin global upper extremity gym strengthening program with gradual weight increase
- Advance intensity of forearm and hand strengthening, including wrist extension
- Initiate plyometric drills
  - Plyoball wall drills
  - Double arm rebounder drills progressing to single arm

Months 4 to 6:

- Follow-up appointment with physician
- Initiate return to sport program per physician approval
- Full return to play between 4 to 6 months post-op

Revised 9/15