



Jill McAngus, MD

Name: _____ Date of Surgery: _____

Procedure: R / L Elbow Triceps Repair
Frequency: 2-3 times per week for 6 weeks

PHASE I (Weeks 1-2): Immobilization and Protection

- Precaution: Keep posterior splint in place until first post-operative visit at 9-13 days.
 - **NO active** elbow extension for 6 weeks
- Brace: Worn at all time, except hygiene and directed exercises
- Range of Motion: PROM/AROM of SHOULDER in all planes while in splint. Full AROM of wrist/hand/fingers as tolerated.
- Strength: Begin hand/wrist grip. Begin scapular exercises (while in sling) including elevation with shrugs, depression, retraction, and protraction
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

PHASE II (Weeks 3-6): Progressive ROM

- Precaution: **NO active** elbow extension for 6 weeks
- Brace: Worn at all time, except hygiene and directed exercises. Follow ROM below.
- Range of Motion: Initiate AAROM pronation/supination. At 4 weeks progress to AROM pronation/supination.
 - Week 2-3: 30-60°
 - Week 4-5: 15-75°
 - Week 6-7: 0-100°
 - Week 8: 0-125°
- Strength: Continue scapular isometric exercises, supine/standing rhythmic stabilizations, elevation with shrugs, depression, retraction, and protraction. Side lying ER. Isometric biceps at 6 week (pain free)
- Modalities: Per therapist, scar mobs, including electrical stimulation, ultrasound, heat (before), ice (after)

PHASE III (Weeks 7-12): Advanced ROM and Strengthening

- Brace: Discontinue after 8 weeks.
- Range of Motion: Maintain full ROM
- Strength: Continue scapular isometric exercises. Begin theraband IR/ER of shoulder, bicep extension, prone dumbbell. Continue rhythmic stabilization
 - Week 6: Initiate AROM of elbow extension
 - Week 8: Initiate light theraband resistance
- Modalities: Per therapist, scar mobs, including electrical stimulation, ultrasound, heat (before), ice (after)
- Goal: Enhance neuromuscular control, pain free ADLs

PHASE IV (Weeks 13 plus): Full ROM and Strengthening

- Range of Motion: Maintain full ROM
- Strength: Progress strengthening and incorporate increased resistance. Include high speed repetition. Bicep curls with dumbbells. Initial IR/ER exercises at 90° abduction. Progress rhythmic stabilization activities. Include PNF patterns. Initiate plyometrics toss, sport specific drills
 - Week 16-20: Initiate interval throwing program, light upper body plyometric program
- Modalities: Per therapist, scar mobs, including electrical stimulation, ultrasound, heat (before), ice (after)
- Goal: Maximize strength and endurance, neuromuscular control, optimize mechanics/kinematics. Initiate sports specific training/functional training.