

Triceps Repair Physical Therapy Protocol/Prescription

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery : _____



Weeks 0-2:

- Elbow brace locked at 60 degrees of flexion



Week 2:

- Remain in locked hinged elbow brace, unlock brace to do exercises 3-4 times per day:
- PASSIVE elbow extension to full, active elbow flexion to 60°
- Progress to 90° of flexion by 4 weeks



Week 4:

- Remove hinged elbow brace
- Progress active flexions as tolerated, begin active extension without resistance



Week 6:

- Full active flexion and extension
- Begin isometrics / light resistance



Weeks 8-12:

- Advance resistance as tolerated, slow steady movements, set of 8 or more reps



Week 12:

- Advance strengthening as tolerated
- No plyometrics or cross-fit movements that affect triceps (elbow extension)



Week 16:

- No restrictions, advance as tolerated

**Week 24:**

- Recovery completed (>85%), maximum resistance (heavy weight training, dips, weighted dips, etc.) will take up to one year to recover full ability, typically >10% or more loss from pre-injury level

Comments:**Frequency:** _____ **times per week****Duration:** _____ **weeks****Signature:** _____**Date:** _____