

Distal Triceps Repair Rehab Protocol

	Range of Motion (to brace specifications)	Hinged Brace	Therapeutic Exercises
Phase I Week 0-2	<ul style="list-style-type: none"> • None • Elbow immobilized 	<ul style="list-style-type: none"> • Splint in neutral at 90° • Sling 	<ul style="list-style-type: none"> • Shoulder pendulums • Active wrist and finger ROM
Phase II Week 2-6	<ul style="list-style-type: none"> • Avoid active elbow extension • Begin motion 0-30°; increase 10° per week • Goal motion of 90° at 6 weeks 	<ul style="list-style-type: none"> • Worn at all times (including therapy) • Remove for hygiene • Adjust brace as motion increases 	<ul style="list-style-type: none"> • Active elbow flexion • Light elbow extension • Active supination and pronation
Phase III Week 6-12	<ul style="list-style-type: none"> • Full and painless motion 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Advance phase II activity • Active-assisted elbow extension • Begin light isometric weight training
Phase IV Week 12-18+	<ul style="list-style-type: none"> • Full and painless motion 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Advance strengthening • Progress return to sport • Interval program when appropriate

- This protocol is to be used as a guide; please use clinical decision-making regarding patient progression based on individual's progress, exam, and post-operative course. If any questions, please contact Dr. Tauberg.
- ROM restrictions may change depending on repair tension and chronicity of injury. Please refer to patient's prescription for any additional instructions.

