## Brandon M. Tauberg, M.D.

Orthopaedic Sports Medicine Surgeon Arthroscopic and Shoulder Surgery www.brandontaubergmd.com South Hills Location 2000 Oxford Drive Suite 211, 2<sup>nd</sup> Floor Pittsburgh, PA 15102 412-283-0260 (office) 412-283-0070 (fax)

## Distal Triceps Repair Rehab Protocol

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

- 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.