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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.