

# Sheena Black, MD

Orthopedic Surgeon  
Sports Medicine Specialist



www.sheenablackmd.com

## TRICEPS TENDON REPAIR

<u>Postop</u>	<u>Range of Motion</u>	<u>Immobilizer</u>	<u>Exercises</u>
<b>Phase I</b> <b>Weeks 0-2</b> PT 1-2x/week	None	Splint at all times at 30-45° flexion	Hand/wrist ROM as tolerated Limit shoulder flexion to 90° Gentle shoulder PROM  <b>NO weight bearing activities (pushing open door, pushing up from a chair)</b>
<b>Phase II</b> <b>Weeks 3-6</b> PT 1-2x/week HEP daily	Elbow ROM/brace: Week 3: 0 – 45° Week 4: 0 – 60° Week 5-6: 0 – 90°	Brace at ALL times (except for exercise and bathing)	Continue shoulder/wrist/hand ROM and isometrics Active assist pronation/supination at position of max flexion  <b>NO active elbow extension x 6 weeks</b>
<b>Phase III</b> <b>Weeks 6-8</b> PT 2-3x/week HEP daily	Week 7-8: 0 – 125°	Brace at ALL times (except for exercise and bathing)	Progress AROM of shoulder Initiate active, concentric elbow extension (no resistance) in pain-free range NO eccentric triceps exercises
<b>Phase IV</b> <b>Weeks 8-12</b> PT 2-3x/week HEP daily	Full	Discontinue brace if good motor control	Initiate sub-maximal triceps isometrics Eccentric triceps activity (no resistance) Progress biceps strengthening Resisted SA punch & bear hugs Resisted IR and ER at 30° Abduction progress to 90° Prone scapular series  <b>OK for stationary bike and light jogging</b>
<b>Phase V</b> <b>Weeks 12-16</b> PT 2-3x/week HEP daily	Full	None	Progress triceps strengthening Bicep curls with dumbbells IR/ER exercises at 90° abduction CKC UE weight-bearing: wall weight shifts, quadruped rocking Initiate plyotoss (double arm – progress to single arm) Initiate pushup progression at week 14 (limit elbow flexion to 45 degrees to start) Interval throwing program at week 16-20 Initiate light upper body plyometric program at week 16-20 PNF/ Diagonal pattern strengthening Initial sport specific activities

**IF QUESTIONS: PLEASE CALL 469-800-7200**