

Dr. Cory D. Smith | Orthopedic Surgery and Sports Medicine

Shoulder Reconstruction & Arthroplasty

Hip, Shoulder, Knee, and Elbow Arthroscopy

Physical Therapy Protocol: DISTAL TRICEPS REPAIR

Recommendation: PT/ OT 2-3 visits per week for 10-12 weeks

Weeks 0-2

- Patient will be in a rigid splint in elbow extension for 10-14 days post-operatively.

Weeks 2-3

- Patient fit with elbow brace, to be worn at all times except bathing.
- Week 3 – Brace locked at 60 degrees.
- Physical therapy to educate on brace wear and how to manage with flexion restrictions.

Weeks 4-8

Precautions: No full elbow flexion stretches until 8 weeks post-op. No active triceps strengthening.

- Begin elbow ROM exercises: full gradual passive extension allowed within patient tolerance
- Elbow flexion PROM to progress as follows:
- Week 4: PROM to 75 degrees flexion
- Week 5: PROM to 90 degrees
- Week 6: PROM to 110 degrees
- Week 8: PROM to 130 degrees, etc.
- Full elbow extension achieved by approximately 8 weeks post-op.
- Begin AROM bicep activity without resistance

Weeks 9-12

Precautions: Full elbow AROM and PROM should be achieved. No active triceps resistance.

- Begin AROM bicep activity with light resistance
- Open-chain rotator cuff strengthening can begin with light weights

Week 13 to 6 months (Goals for Discharge: Full strength of biceps, shoulder musculature)

- Gradual weight/band resistance training for triceps
- Closed-chain and co-contraction shoulder strengthening
- Gradual introduction of throwing activities and plyometrics