

## Triceps Tendon Repair Rehabilitation Protocol

### **KEVIN KO, MD**

Shoulder and Elbow Surgeon  
OPA Orthopedics  
Seattle, WA

#### **0-2 weeks**

1. In post-operative splint
2. Wrist and hand motion encouraged
3. No weight bearing on operative extremity

#### **2-4 weeks**

1. Hinged brace locked at 90 degrees
2. Active elbow pronation and supination allowed in brace
3. No weight bearing on operative extremity
4. Can unlock brace to perform gentle PROM only between 0-90

#### **4-6 weeks**

1. Hinged brace locked at 90 degrees at rest
2. Unlock brace to before active elbow flexion to comfort
3. No active elbow extension, Passive extension only
4. Relock brace to 90 degrees and perform active assistive range of motion supination and pronation to tolerance

#### **6-12 weeks**

1. Remove brace
2. Active ROM permitted, progressive strengthening/stretching
3. Limit of 5 lbs resistance for elbow extension

#### **3-6 months**

1. Progressive functional strengthening
2. Limit of 10 lbs of resistance for elbow extension

#### **6+ months**

1. Activity as tolerated

For any issues or concerns, please e-mail my medical assistant, Stephen Schrater at [st.schrater@proliancesurgeons.com](mailto:st.schrater@proliancesurgeons.com) or myself at [k.ko@proliancesurgeons.com](mailto:k.ko@proliancesurgeons.com). We will do our best to respond in a timely matter.