

POST-OPERATIVE REHABILITATION PROTOCOL

Triceps Tendon Repair

William McLaughlin, MD | Sports Medicine Surgery | Advanced Bone & Joint

Phase 1 | 0-2 Weeks

GOALS FOR THIS PHASE

- Splint at all times.
- Begin active/passive elbow, wrist, and hand ROM.

Immobilization

- Splint at all times.

Therapeutic Exercises

- May begin active/passive elbow/wrist/hand ROM.

Phase 2 | 2-4 Weeks

GOALS FOR THIS PHASE

- Transition to elbow brace locked 0-90° (full extension OK).
- Avoid elbow hyperflexion (> 90°) and active elbow extension.
- Initiate active supination/pronation and active elbow flexion in brace.
- Initiate isometric elbow flexion, anconeus strengthening, and theraband shoulder exercises.
- Active-assisted → active elbow extension with shoulder at 90° abduction.

Immobilization

- Transition to elbow brace, locked from 0-90° (OK for full elbow extension).

Precautions

- Avoid elbow hyperflexion (> 90°) and active elbow extension.

Therapeutic Exercises

- Active supination/pronation and active elbow flexion in brace.
- Isometric elbow flexion exercises.
- Begin anconeus strengthening and theraband shoulder exercises.
- Active-assisted elbow extension with shoulder at 90° abduction, progress to active elbow extension with shoulder remaining at 90° abduction.

Phase 3 | 4-6 Weeks

GOALS FOR THIS PHASE

- Increase elbow ROM to 0-120°.
- Avoid resisted elbow extension and passive elbow flexion beyond 120° when out of brace.
- Continue Phase 2 exercises plus open-chain shoulder flexion and abduction.
- Loaded supination and pronation exercises.

Range of Motion

- Increase elbow ROM to 0-120°.

Precautions

- Avoid resisted elbow extension and passive elbow flexion beyond 120° when out of brace.

Therapeutic Exercises

- Continue Phase 2 exercises.
- Open-chain shoulder exercises (flexion and abduction).
- Loaded supination and pronation exercises.

Phase 4 | 6-12 Weeks

GOALS FOR THIS PHASE

- Discontinue elbow brace; full active ROM.
- Avoid heavy lifting.
- Begin isometric elbow extension at varying angles (30°, 60°, 90°, 120°) open and closed chain.
- Initiate supine resisted elbow flexion/extension with shoulder at 90° using 0.5 kg weight.
- Progress to wall press-ups and gym-ball proprioceptive exercises.
- Gentle overhead throwing and ball bouncing.

Immobilization

- Discontinue elbow brace; full active ROM.

Precautions

- Avoid heavy lifting.

Therapeutic Exercises

- Isometric elbow extension exercises at varying angles (30°, 60°, 90°, 120°) in both open and closed chain.
- Supine resisted elbow flexion and extension with shoulder at 90° using 0.5 kg weight.
- Progress as tolerated to wall press-ups and proprioceptive exercises with gym ball against a wall.

- Gentle overhead throwing, bouncing ball on floor.

Phase 5 | 12+ Weeks

GOALS FOR THIS PHASE

- Sport-specific exercises.
- Supine elbow exercises with increasing weight, progressing to plyometrics in different positions.
- Advance to floor press-ups, bench press, shoulder press.
- Triceps dips, crawling on hands and feet.

Therapeutic Exercises

- Sport-specific exercises.
- Supine elbow exercises with increasing weight, progressing to plyometrics in different positions.
- Floor press-ups, bench press, shoulder press.
- Triceps dips, crawling on hands and feet.

This protocol is a general guideline. Progression is patient-specific and at the discretion of William McLaughlin, MD.