

Triceps Repair Protocol

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1-2weeks:

1. Patient will be placed in hinged brace or splint with flexion. No flexion past 90 degrees.
2. Start gentle PROM ext motion, NOT pushing just relax into ext.
3. AARom gentle flex to 90 degrees

Increase by 10 degrees weekly

3 weeks:

1. Flexion past 90 degrees with AAROM
2. Assist extension with gravity

4 weeks:

1. AROM flexion and ext, NO forced ext

10 weeks:

1. Routine activity resumed
2. Strengthening ext with 10-15 lbs

3 months:

Increasing strengthening