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## **Postoperative Rehabilitation Guidelines for Triceps Tendon Repair**

### **PHASE 1: WEEK 1-2**

#### **PRECAUTIONS**

- Elbow immobilized in posterior splint at 60° elbow flexion for 1st 2 weeks
- No active elbow extension 6 weeks

#### **ROM**

- Gradual ↑ Active/Passive ROM of shoulder in all planes while in splint
- Wrist/hand/finger full AROM in splint

#### **STRENGTH**

- Scapular retractions
- Shoulder shrugs

#### **MODALITIES**

- Hot pack before treatment
- E-stim, TENS as needed
- Ice 10-15 minutes after treatment

#### **GOALS OF PHASE 1**

- Control pain and inflammation
- Protect repair
- Independent in HEP

### **PHASE 2: WEEK 3-6**

#### **PRECAUTIONS**

- Elbow placed in a *hinged ROM brace* allowing 30°-60°
- *Brace* to be worn at all times except during exercise or bathing
- *Passive* ROM ONLY for elbow extension

#### **ROM**

- Hinged Brace Range of Motion Progression (ROM progression may be adjusted base on Surgeon's assessment of the surgical repair.)
  - Week 2-3: 30°-60°
  - Week 4-5: 15°-90°

- Week 6-7: 10°-110°
- Week 8: 0°-125°
- Forearm: Initiate AAROM pronation and supination
- Progress to active pronation and supination (wk 4)
- Shoulder AROM as needed in brace

### **STRENGTH (in brace)**

- Isometric shoulder exercises
- Supine/standing rhythmic stabilizations
- Wrist/hand: grip strengthening
- Standing flexion and scaption
- Side-lying ER
- Isometric biceps pain free (week 6)

### **MANUAL**

- Scar mobilization
- Passive elbow extension
- Joint mobs as needed

### **MODALITIES**

- Heat/hot pack before therapy
- US to incision as needed
- Ice 10-15 minutes

### **GOALS OF PHASE 2**

- Protection of repair
- Gradual increase in ROM
- Initiate strengthening to surrounding tissues
- Improve scapular stability

## **PHASE 3: WEEK 7-12**

### **ROM**

- Week 8 progress to full ROM of elbow; discontinue brace if adequate motor control
- Initiate UBE light resistance
- Exercises
  - Ball roll outs on table
  - Wall walk

- Pulley

### **STRENGTH**

- Tricep/elbow extension progression
  - 6 weeks: initiate AROM
  - 8 weeks: initiate light theraband resistance
- Theraband IR/ER shoulder
- Theraband bicep extension
- Prone dumbbell therex
- Rhythmic stabilization

### **MANUAL**

- Passive elbow extension if lacking
- Joint mobs as needed to regain full flexion
- Week 10: Passive or contract relax to gain full flexion if still lacking

### **MODALITIES**

- Ice 10-15 minutes

### **GOALS OF PHASE 3**

- Reach full ROM
- Initiate loading to repair
- Enhance neuromuscular control
- Pain free ADLs

### **PHASE 4: WEEK 12+**

#### **STRENGTH:**

- Progress strengthening program with increase in resistance and high speed repetition
- Bicep curls with dumbbells
- Initiate IR/ER exercises at 90° abduction
- Progress rhythmic stabilization activities to include standing PNF patterns with tubing
- Initiate plyotoss – double arm progress to single arm
- Initiate sport specific drills and functional activities
- Initiate interval throwing program week 16-20
- Initiate light upper body plyometric program week 16-20
- Progress isokinetics to 90° abduction at high speeds

#### **MODALITIES**

- Ice 15-20 minutes

#### **GOALS OF PHASE 4**

- Full painless ROM
- Maximize upper extremity strength and endurance
- Maximize neuromuscular control
- Optimize shoulder mechanics/kinematics
- Optimize core stability
- Initiate sports specific training/functional training