



POST-OPERATIVE REHABILITATION PROTOCOL FOLLOWING TRICEPS TENDON REPAIR

Phase 1: Post Surgery: Tendon Healing (0-2 weeks):

Goals: - Tendon Healing

Precautions: - No Passive/Active elbow motion
- Sling & splint use

Physical Therapy and Suggested Exercises:

- Shoulder Pendulum exercises
- Active wrist & finger motion

Criteria for Progression to Phase 2:

- 2 weeks

Phase 2: Early Motion (2-6 weeks)

Goals: -Increase elbow motion

Precautions: -No active elbow extension for 4-6 weeks (preferable 6 weeks)
-Protected motion in hinged elbow brace: 30-60 degrees of elbow flexion
- Week 5 advance ROM brace to 15-90

Physical Therapy and Suggested Exercises:

- Active/Passive elbow flexion limited to 90°
- No active elbow extension
- Full passive elbow extension allowed by advance gradually**
- Active supination & pronation
- Light isometric biceps at 60 degrees flexion
- Manual scapular neuromuscular exercises- seated
- Continue ice and compression

Criteria for Progression to Phase 3:

- 6 weeks post-op
- full pronation & supination

Phase 3: Motion & Light Strengthening (6-12 weeks)

Goals: - Increase Motion

- **Precautions:** Weeks 7-8 ROM brace progress 0-125 degrees at 8 weeks and discontinue brace at 8 weeks

-No heavy weights

Physical Therapy and Suggested Exercises:

- Active/Passive elbow flexion advance 10° per week (Avoid Forceful elbow flexion)
- Active supination & pronation
- Active assisted elbow extension
- Begin light isometric weight training (8 weeks postop)

Criteria for Progression to Phase 4:

- Full passive/active elbow range of motion
- Full passive/active supination and pronation
- No pain

Phase 4: Advanced Strengthening, Transitions to Sport Specific Training (12-18 weeks)

Goals: -Advance strengthening while remaining pain-free

Precautions: -Gradual advancement in strengthening
-Avoid pain

Physical Therapy and Suggested Exercises:

- Increase weights gradually
- Maintain full range of motion
- Implement gradual sports-specific exercises

Return to Sport (After Post-op Week 16):

Goals:

Physical Therapy and Suggested Exercises:

-Progressive return to sport

- Include a 5-10 minute cardiovascular warm up
- Ensure one rest day in between each sessions
- Continue stretching and strengthening exercises on rest days
- Follow a Sport Specific interval program