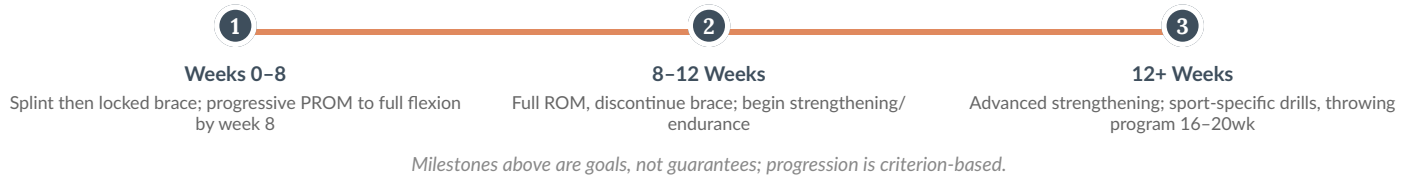


PT PROTOCOL

Distal Triceps Tendon Repair

Rehabilitation Protocol



Phase 1 Weeks 0-8

Immobilization: Elbow splint for 2 weeks.

Brace: Elbow ROM brace begins at week 2, locked at 30° extension until week 6. Physical therapy begins at week 4.

Range of Motion

- Week 4: passive range of motion to 75° of flexion.
- Week 5: passive range of motion to 90° of flexion.
- Week 6: passive range of motion to 110° of flexion.
- Week 8: passive range of motion to 130° of flexion — full elbow flexion achieved by week 8.

Precautions

- No full elbow flexion strength until week 8. No active triceps strengthening during this phase.

Phase 2 Weeks 8-12

Brace: Discontinue once good motor control is demonstrated.

Range of Motion

- Progress to full range of motion.

Therapeutic Exercises

- Begin strengthening and endurance exercises: triceps/elbow extension progression.
- Progressive shoulder range of motion and strengthening — theraband internal/external rotation.
- Biceps strengthening with theraband.

Phase 3 Weeks 12+

Therapeutic Exercises

- Progress strengthening program with increased resistance and higher-speed repetitions.
- Biceps curls with dumbbells.
- Initiate internal/external rotation exercises at 90° abduction.
- Initiate sport-specific drills and functional activities.
- Throwing program at weeks 16-20.
- Light upper body plyometric program, weeks 16-20.