

## **PT Protocol: Distal Triceps Repair**

**Daniel B. Haber, MD**  
*Orthopedic Surgeon, Sports Medicine  
Physician, US Ski & Snowboard Teams*

*Shoulder Arthroscopy & Replacement  
Hip Preservation & Arthroscopy  
Knee Ligament, Meniscus & Cartilage Surgery*

*drhaberpc@panoramaortho.com  
Phone: (720)-497-6195  
www.panoramaortho.com*



### **Weeks 1-2 – Maximum Protection Phase**

- Splint at 60 degrees flexion x 2 weeks
- Strict Non Weight Bearing

### **Weeks 3-5 – Maximum Protection Phase**

- Splint removed after 2 weeks and transitioned to hinged elbow brace
  - Brace locked at 90 degrees, except when doing Passive elbow ROM
- Passive ROM 0-90 starting in week 3
  - Increase passive elbow flexion by 10 degrees weekly (ie week 4 to 100 degrees)
- Strict Non Weight Bearing
- Scar tissue mobilization
- Full shoulder ROM

### **Weeks 6-7 – Initiate Gentle Active Elbow ROM**

- Progress to Full ROM<sup>o</sup> as tolerated
- Begin Active Assist elbow ROM at week 6, progress to Active ROM as tolerated
- Continue scar tissue mobilization
- Remain Non Weight Bearing
- Continued stretching with joint limitations or tissue limitation. Stretching to mid-range within tolerance

### **Weeks 8-9 – Initial Resistance**

- Weight bearing up to 5 lb for ADLs.
- If full active and passive ROM are achieved:
  - Initial resistance exercises limited to 2 lbs
  - Begin light load resistance with high repetitions
  - If full active and passive ROM are NOT achieved, defer resistance until full motion is achieved

### **Weeks 10-13 – Increased Resistance**

- Weight bearing up to 10 lb for ADLs.
- Resistance exercises may begin at 5 lbs, and increase by 1 lb per week

### **Week 14 – Progress as Tolerated**

- Gradual progress to load lifting as tolerated per functional goals/needs

Anticipated return to sport / return to manual labor work: 4-5 months pending progress