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Triceps Repair

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 - 2 weeks	None	Hinged brace set at 60 degrees; worn at all times except for hygiene	Hand/wrist/shoulder ROM permitted; passive pendulums; ice/heat
PHASE II 2-4 weeks	PROM only: 30-60 degrees. No active elbow extension.	Hinged brace set at 30-60 degrees	Light isometric biceps at 60 degrees flexion; Initiate ER/IR bands at 0 degrees adduction; Manual scapular neuromuscular exercises (seated); Continue shoulder, elbow, wrist PROM
Phase III 5-6 weeks	PROM only: 0-90 degrees	Hinged brace set at 15-90.	Initiate light isotonic strengthening for shoulder and scapula
PHASE IV 6-8 weeks	Progress to full AAROM/AROM	D/C brace.	Begin elbow flexion and extension exercises against gravity.
PHASE V 8-12 weeks	FROM	None	Begin progressive elbow extension strengthening exercises