



## **ELBOW DISTAL TRICEPS REPAIR POST-OPERATIVE**

### **GUIDELINES Phase 1: Recovery (Weeks 0-2)**

#### **PRECAUTIONS**

- Elbow immobilized in posterior splint at 60° flexion for weeks 0-2
- No active elbow extension for 6 weeks

#### **ROM**

- Gradual increase A/PROM shoulder in all planes
- Wrist/hand/finger full AROM

#### **STRENGTHENING**

- Scapular retractions
- Shoulder shrugs

#### **MODALITIES**

- Heat prior to treatment
- E-stim, TENS prn
- Ice 10-15min after treatment

#### **GOALS**

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



## ELBOW DISTAL TRICEPS REPAIR POST-OPERATIVE GUIDELINES

### Phase 2: Recovery (Weeks 3-6)

#### PRECAUTIONS

- Elbow placed in 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 ROM (may be adjusted per Dr. Kosco request)
  - 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/supination (week 4)
- Shoulder AROM as tolerated in brace

#### STRENGTH

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

#### GOALS of Phase II

- Protect repair
- Gradual increase in ROM
- Initiate strengthening to surrounding tissues
- Improve scapular mobility and stability



## ELBOW DISTAL TRICEPS REPAIR POST-OPERATIVE GUIDELINES

### Phase 3: Recovery (Weeks 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
  - Pulleys

#### STRENGTHENING

- Triceps/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
- Joing mobs as needed to regain full flexion
- Week 10: passive or contract-relax to gain flexion if lacking



## **ELBOW DISTAL TRICEPS REPAIR POST-OPERATIVE GUIDELINES**

### **Phase 4: Recovery (12+)**

#### **STRENGTHENING**

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

#### **GOALS of Phase IV**

- Full painless ROM
- Maximize UE strength and endurance
  - Maximize NM control
- Optimize shoulder mechanics/kinematics
- Optimize core stability
- Initiate sport-specific training / functional training