

Physical Therapy Prescription for:

label

Diagnosis: Triceps Tendon Rupture
Surgical Procedure: Triceps Repair
Date of Surgery:
Eval & Treat: 2x/week x 12 weeks

Brace: Hinged elbow brace with progressive **FLEXION** limit

- Full passive extension by week 6
- Increase gentle elbow flexion 15-20 degrees/week

- No active elbow extension
- PROM 40-full extension
- Shoulder mobility as needed
- Sub-maximal pain-free shoulder isometrics

Precautions/Limitations:

- No heavy weights > 25lbs for 4 months (16 weeks)
- No contact sports or >60lb weights for 6 months (24 weeks)

Weeks 6 to 10 (Goal: full ROM)

- Ok to begin active extension
- Goal: full active flexion

Weeks 0 to 2 (Immediate Postoperative Period – Protection Phase)

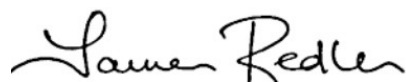
- Strict elevation
- Hand/wrist exercises/ROM
- Posterior mold splint 45 deg

Weeks 10 to 12 (Goal: strengthening)

- Strengthening beginning with midrange isometrics, then isotonic concentric contractions, then finally eccentric muscle contractions
- Progressive resistance exercise program for all elbow motions
- Begin with 1 lb weight and gradually increase
- Wean brace by 12 weeks
- May initiate a gradual light weight training program (home/gym)
- May begin interval training programs for return to throwing, tennis, golf, etc.

Weeks 2 to 6 (Goal: edema control, begin PROM with above limits):

- Splint removed, sutures removed, switched to hinged elbow brace



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Date