



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

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PT Protocol - Distal Triceps Repair

Phase I (Protection Phase): Weeks 1-6

Precautions:

- No lifting or pushing activities with the arm
- NO ACTIVE TRICEPS contraction or resistance exercises
- Use brace at all times except during shower and changing clothes or passive exercises

Weeks 1-4:

- Arm in a sling to prevent swelling and support
- Elbow will be in a posterior splint till first office visit (10-14 days)
- Elbow is transitioned into Bledsoe T-Chek Brace locked with wrist free at 2 weeks.
- AROM of wrist and hand allowed during this phase
- Passive elbow extension allowed from 30 degrees of flexion to complete extension

Weeks 4-6:

- Brace adjusted to 70 degrees flexion (50 in week 5 and 70 in week 6)
- Passive flexion allowed from limits of extension to full flexion
- No active ROM exercise for elbow

Phase II (PROM, AAROM and AROM): Weeks 6-12

Precautions:

- No lifting or pushing activities with the arm
- NO ACTIVE TRICEPS contraction or resistance exercises

Exercises

- Discontinue the use of the Bledsoe Brace
- Allow gradual complete flexion and advance Elbow ROM:
PROM-->AAROM-->AROM Start with gravity eliminated and advance to extension against gravity at 10 weeks
- Ok to do gentle stretch at end range at 10-12 weeks
- Continue Shoulder and wrist ROM



Phase III (Strengthening): Month 3 and beyond

- End range stretching for extension
- May begin elbow strengthening against resistance-Theraband and gradually advance to elbow strengthening with light weights
- Return to contact sports at 5-6 months.
- Deep elbow dips and other strenuous eccentric exercises after 6 months

Modalities

- Heat and Ice, Ultrasound, Iontophoresis, Phonophoresis, Therapists' discretion, TENS

Evaluation and others

- Teach home exercise program

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:
www.lucasmysonmd.com

