



**REHABILITATION GUIDELINES  
DISTAL TRICEPS REPAIR**

**PHASE I: 0-2 WEEKS**

**DOS:**

Precautions	<ul style="list-style-type: none"> <li>No aggressive stretching of the triceps</li> <li>Limit PROM shoulder flex &lt;90 deg for first 4 weeks</li> <li>Place in hinged elbow brace for 6 weeks (locked at 30 deg flexion)</li> <li>No weight bearing through affected extremity for 12 weeks (pushing up from a chair)</li> </ul>
Exercises	<ul style="list-style-type: none"> <li>Gentle shoulder PROM within restrictions</li> <li>Gentle elbow PROM within restrictions                             <ul style="list-style-type: none"> <li>Progress elbow flexion 15 deg every 5 days</li> </ul> </li> <li>Scapular exercises</li> <li>No active elbow extension</li> <li>AROM wrist and hand</li> </ul>
Goals to Progress to Next Phase	<ol style="list-style-type: none"> <li>Decrease pain</li> <li>Minimal to no edema</li> <li>Protection of the repair</li> </ol>

**PHASE II: 2-4 WEEKS**

**DATE:**

Precautions	<ul style="list-style-type: none"> <li>Limit PROM shoulder flex &lt;90 deg for first 4 weeks</li> <li>Remain in hinged elbow brace for 6 weeks, progress elbow flexion 15 deg every 5 days</li> <li>No weight bearing through affected extremity for 12 weeks (pushing up from a chair)</li> </ul>
Exercises	<ul style="list-style-type: none"> <li>No aggressive elbow flexion stretching</li> <li>PROM/AAROM within limits at shoulder and elbow</li> </ul>
Goals to Progress to Next Phase	<ol style="list-style-type: none"> <li>Pain free elbow ROM within limitations</li> <li>No triceps pain with shoulder ROM activities</li> </ol>

**PHASE III: 4-6 WEEKS**

**DATE:**

Precautions	<ul style="list-style-type: none"> <li>Remain in hinged elbow brace for 6 weeks, progress elbow flexion 15 deg every 5 days</li> <li>No weight bearing through affected extremity for 12 weeks (pushing up from a chair)</li> </ul>
Exercises	<ul style="list-style-type: none"> <li>No aggressive stretching into elbow flexion</li> <li>Shoulder Isometrics-flexion, abduction, ER, IR (no extension)</li> <li>Progress to shoulder AROM (pulleys, wall walks)</li> </ul>

Goals to Progress to Next Phase	<ol style="list-style-type: none"> <li>1. Full, pain-free shoulder AROM</li> <li>2. Pain-free full PROM elbow flexion</li> <li>3. Limited edema</li> </ol>
<b>PHASE IV: 6-8 WEEKS</b>	
<b>DATE:</b>	
Precautions	<ul style="list-style-type: none"> <li>• No pain or reactive edema with elbow extension</li> <li>• No weight bearing through affected extremity for 12 weeks (pushing up from a chair)</li> </ul>
Exercises	<ul style="list-style-type: none"> <li>• Shoulder AROM with high reps, low resistance</li> <li>• AROM elbow extension in pain-free range</li> <li>• Light shoulder IR/ER isotonic</li> <li>• Supine serratus and ABC</li> </ul>
Goals to Progress to Next Phase	<ol style="list-style-type: none"> <li>1. Able to perform above activities without pain</li> </ol>
<b>PHASE V: 8-12 WEEKS</b>	
<b>DATE:</b>	
Precautions	<ul style="list-style-type: none"> <li>• No pain or reactive edema with triceps work</li> <li>• No weight bearing through affected extremity for 12 weeks (pushing up from a chair, triceps kickbacks, bench press, overhead press)</li> </ul>
Exercises	<ul style="list-style-type: none"> <li>• Prone scapular work</li> <li>• Submax triceps isometrics</li> <li>• Eccentric triceps without resistance</li> <li>• Gradual progression of biceps strengthening</li> <li>• IR/ER isotonic at 30 deg abd and progressing to 90 deg</li> <li>• Shoulder rhythmic stabilization</li> </ul> <p>May add light jogging at home</p>
Goals to Progress to Next Phase	<ol style="list-style-type: none"> <li>1. Pain-free, full AROM of shoulder and elbow</li> <li>2. 5/5 strength for shoulder musculature</li> </ol>
<b>PHASE VI: 12-16 WEEKS</b>	
<b>DATE:</b>	
Exercises	<ul style="list-style-type: none"> <li>• Progress triceps strengthening, starting with light resistance</li> <li>• CKC strengthening (start with wide hand position and limited elbow flexion to decrease stress through the triceps)</li> <li>• UBE</li> <li>• PNF</li> <li>• Introduce push-up progression at week 14</li> <li>• Plyometrics, throwing, return to sport at 16 weeks as cleared by physician</li> </ul>