

Triceps Repair Rehabilitation Protocol

	Brace	Range of Motion	Exercises
Phase 1 0-1 week	Splint at all times	None	None
Phase 2 1-6 weeks	Elbow brace with 70° flexion block Elbow brace at all times except for hygiene	Begin active assist ROM Initially Limit Flexion to 70°, Advance to flexion by 10° per week.	Wrist/Shoulder ROM exercises No active extension, may perform passive full extension.
Phase 3 6-9 weeks	None	Advance to full flexion Continue passive/active assist elbow ROM	Begin triceps isometrics No active extension Begin rotator cuff and deltoid isometrics Maintain shoulder and wrist ROM
Phase 4 9-12 weeks	None	Full and pain free	Begin active extension against gravity No triceps resistance extension Advance active resistance for deltoid and rotator cuff only
Phase 5 12 weeks – 6 months	None	Full	Being gradual elbow strengthening against resistance and progress to full activity