

Dr. Bercik Distal Triceps Repair Protocol

There are two balancing goals in rehabilitation after distal triceps repair. We want to ensure adequate healing of the tendon back to the bone. The elbow, however, is susceptible to stiffness if immobilized. Therefore, early range of motion is critically important. We want to avoid active triceps activity until 6 weeks after surgery, and avoid strengthening the triceps until 3 months after surgery

Work and activity restrictions are consistent after distal biceps repair:

- 0-6 weeks: No work, no use of operative hand
 - 6 wks-3 mo: No lifting/carrying greater than 5 pounds
 - 3 mo: Lifting 10 lbs
 - 4 mo: Lifting 20 lbs
 - 6 mo: Return to full duty
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0-2 weeks: Immobilization and Wound Rest

- Immobilization in 45 degrees of flexion
- Hand and wrist exercises ok

2 - 6 weeks: Protect Repair, Maintain elbow ROM

- Patient-directed passive extension
- PT-guided active flexion (stop at 90 degrees of flexion)
- Wrist and hand exercises okay
- Sling for 3 weeks; after 3 weeks wear sling outside house only

6 weeks - 3 months: Regain full elbow ROM

- Continue above exercises, with active and passive ROM without restrictions
- Discontinue sling after 6 weeks

3 months+: Strengthen

- Continue stretching if short of contralateral ROM
- Begin band strengthening