

# TRICEP REPAIR REHAB GUIDELINES FOLLOWING

PAUL B MCLENDON, MD



*Riverside Orthopedics and Sports Medicine*

**INDIVIDUAL CONSIDERATIONS:** this is a general guideline, please check op report and first office visit after surgery for more specific information regarding procedure and brace usage

## **PHASE 1: 0-4 weeks**

### **Post-op day 14 PT eval:**

- Remove post-op bandages!, assess incision and surgical site and place new dressing/bandage at end of session
- Teach brace usage

### **Brace Use**

- For first 2 weeks, pt is splinted in posterior long arm splint at 30 degrees
- Weeks 2-4 brace may be unlocked 30\*-60\*

### **Goals at 2 weeks:**

- Control pain and protect with splint, start PT

### **Goals at 4 weeks:**

- Control pain and begin
- 30\*-60\* of active elbow flexion, passive elbow ext

### **SUGGESTED THERAPEUTIC EXERCISES:**

- Passive elbow extension 30-60\*
- Active elbow flexion 30-60\*
- Scap retraction and shoulder rolls
- Shoulder AAROM and AROM with elbow in brace
- Wrist and hand AROM

## **PHASE 2: 4-6 weeks**

### **Brace use:**

- 4 weeks: unlock 15\*-90\*
- 5 weeks: unlock 0\*-120\*

**Goals:**

- Protect repair
- Improve ROM and pain

**SUGGESTED THERAPEUTIC EXERCISE:**

- Passive elbow extension 15-90\* week 4, 0-120\* week 5
- Active elbow flexion 15-90\* week 4, 0-120\* week 5
- Scap retraction and shoulder rolls
- Shoulder AAROM and AROM with elbow in brace (supine and progress to standing)
- Wrist and hand AROM
- Pronation and supination
- Shoulder submax isometrics
- Grip strength
- Rhythmic stabs (above elbow joint, elbow in brace)

**PHASE 3: 6-10 weeks**

**Brace use:**

- Discharge brace by week 6

**Goals:**

- Strengthening surrounding tissue
- Full AROM of elbow

**SUGGESTED THERAPEUTIC EXERCISES:**

- Initiate AROM of elbow extension
- Shoulder IR/ER in s/l and standing light resistance and light weight
- Prone ITY light DB resistance
- Continue with rhythmic stabs (now below elbow joint)
- Continue with exercises from above phase

**PHASE 4: 10 weeks**

**Criteria:** Full shoulder and elbow ROM

**Goals:** Progressive strengthening

**SUGGESTED THERAPEUTIC EXERCISES:**

- Initiate tricep strengthening- start light resistance tubing or light dumbbell
  - Supine 2-way tricep ext
  - Standing TB tricep ext
  - OH tricep ext
  - Tricep kick back
  - Tricep push up on wall and progress incline
  - Tricep dips when strength is adequate
- Begin standing CKC strengthening (wall walks, wall clocks, SA slides, wall push ups, ect)
- Progress shoulder strengthening
- Prone ITY with dumbbells on swiss ball
- PNF patterns
- TRX row, Y

- At 12 weeks may introduce plyo (start DA and then SA) and sport specific training
- Interval throwing at 16-20 weeks pending MD clearance
- Progress to improving core stability: planks side planks, shoulder taps, etc