

Elbow Triceps Tendon Repair Rehabilitation Protocol

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Phase 1: Post Surgery: Tendon Healing (0-2 weeks):

Goals: - Tendon Healing

Precautions: - No Passive/Active elbow motion
- Sling & splint use

Physical Therapy and Suggested Exercises:

-Shoulder Pendulum exercises
-Active wrist & finger motion

Criteria for Progression to Phase 2:

-2 weeks

Phase 2: Early Motion (2-6 weeks)

Goals: -Increase elbow motion

Precautions: -No Active elbow extension
-Protected motion in hinged elbow brace

Physical Therapy and Suggested Exercises:

-Active elbow flexion
-Light passive elbow extension
-Active supination & pronation

Criteria for Progression to Phase 3:

-6 weeks post-op
-full pronation & supination

Phase 3: Motion & Light Strengthening (6-12 weeks)

Goals: - Increase Motion

Precautions: -No heavy weights

Physical Therapy and Suggested Exercises:

- Active elbow flexion
- Active supination & pronation
- Active assisted elbow extension
- Begin light isometric weight training

Criteria for Progression to Phase 4:

Phase 4: Advanced Strengthening, Transitions to Sport Specific Training (12-18 weeks)

Goals: - Increase Strength

Precautions: -No heavy weights

Physical Therapy and Suggested Exercises:

- Increase weights

Return to Sport (After Post-op Week 16):

Goals:

Physical Therapy and Suggested Exercises:

- Progressive return to sport
- Include a 5-10 minute cardiovascular warm up
- Ensure one rest day in between each sessions
- Continue stretching and strengthening exercises on rest days
- Follow a Sport Specific interval program