

Physical Therapy Prescription

Triceps Repair REHABILITATION PROTOCOL			
TIME PERIOD	RANGE OF MOTION	Splint/brace & Weightbearing	EXERCISES
0-2 weeks	None	Keep splint dry No Weight Bearing	Wrist and hand ROM. Pendulums for shoulder.
2-6 weeks	Active elbow flexion, pronation, supination No Active Extension	Brace 0-90, increase 10 degrees per week No lifting more than 5 pounds	Continue elbow, wrist, hand range of motion. Ok to move shoulder freely
6-12 weeks	Full range of motion.	No Brace No lifting more than 15 pounds	Active Assted Triceps Extension. No Triceps Strengthening. Ok for isometric triceps exercises at 8 weeks.
12-16 weeks	No restrictions	No lifting more than 30 pounds	Begin Active triceps strengthening
16+ Weeks	No restrictions	No restrictions	No Restrictions

*****Begin physical therapy at 2-3 weeks post op.**

Dane Todd, MD
 Questions please call: # 402-488-3322
 Fax: 402-488-3336

Patient Name: _____
 Surgery Date: _____

Diagnosis: status post triceps repair
 Side (Circled): Right Left

Physical therapy to evaluate and treat for post op triceps repair using the above protocol.
 1-2x per week for 12 weeks

Notes: _____

MD signature: _____