BaylorScott&White
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Distal Triceps Tendon Repair

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	SPLINT / BRACE	THERAPEUTIC EXERCISE
Phase I **0–2 weeks** GOAL TO ADVANCE *Swelling controlled*	No elbow motion. Wrist and hand motion; passive shoulder flexion to 90°	Splint	Grip, finger and wrist motion; ice and elevation. No weight bearing through the arm
Phase II **2–6 weeks** GOAL TO ADVANCE *Elbow flexion ≥120°; full passive extension*	Passive extension; flexion limited: 20-90° (weeks 2-4), 90-120° (weeks 4-6). NO active elbow straightening*	Hinged brace with flexion limit set by physician	Gentle elbow-bending isometrics within limits; shoulder isometrics (no elbow straightening) from week 4. No pushing or weight bearing through the arm
Phase III **6–12 weeks** GOAL TO ADVANCE *Full active motion*	Active elbow straightening from 6 weeks (no resistance); progress to full motion	Discontinue brace at 6-8 weeks per physician	Light resistance for shoulder and wrist; biceps and scapular work at 8 weeks; gentle triceps isometrics at 8 weeks. No resisted elbow straightening before 12 weeks; no pushing up from a chair
Phase IV **12–16 weeks** GOAL TO ADVANCE *Pain-free strength progression*	Full	None	Triceps strengthening with weights and bands; quadruped weight bearing at 12 weeks, wall push-ups at 14 weeks, incline push-ups at 15-16 weeks
Phase V **16+ weeks** GOAL TO ADVANCE *Strength ≥90% of other side*	Full without discomfort	None	Plyometrics at 16 weeks; full push-ups and dumbbell bench at 20 weeks; barbell bench and overhead press at 22-24 weeks, full depth after 6 months**

NOTES

*Straightening the elbow against resistance, pushing, and catching your weight on the arm pull on the repair

**If approved by physician

This protocol is a guideline. Your surgeon may adjust it based on your surgery and progress.
Call the office for fever, wound drainage, calf pain or swelling, or new numbness or tingling.

Questions: 469.800.7200
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