

Triceps Repair Physical Therapy Protocol

Week 0-2

-Elbow brace locked at 60 degrees of flexion

Week 2:

-Remain in locked hinged elbow brace, unlock brace to do exercises 3-4 times per day:
-PASSIVE elbow extension to full, active elbow flexion to 60°
-Progress to 90° of flexion by 4 weeks

Week 4:

-Remove hinged elbow brace
-Progress active flexions as tolerated, begin active extension without resistance

Week 6:

-Full active flexion and extension
-Begin isometrics / light resistance

Week 8-12:

-Advance resistance as tolerated, slow steady movements, set of 8 or more reps

Week 12:

-Advance strengthening as tolerated
-No plyometrics or cross-fit movements that affect triceps (elbow extension)

Week 16:

-No restrictions, advance as tolerated

Week 24:

-Recovery completed (>85%), maximum resistance (heavy weight training, dips, weighted dips, etc.) will take up to one year to recover full ability, typically >10% or more loss from pre-injury level

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