

**DISTAL TRICEPS TENDON REPAIR REHABILITATION PROTOCOL**  
(TO BE GIVEN TO YOUR PHYSICAL THERAPIST)

	<b>SPLINT/ BRACE</b>	<b>ROM/ THERAPEUTIC EXERCISE</b>
<b>PHASE I: (WEEK 0-3)</b>	<ul style="list-style-type: none"> <li>• Post-op splint at all times for 1 week</li> <li>• Transition to hinged elbow brace locked at 90° after 1 week</li> <li>• Brace is unlocked only for ROM exercise (settings 0°-90°)</li> </ul>	<ul style="list-style-type: none"> <li>• Passive extension to 0° as tolerated</li> <li>• Active flexion to 90° as tolerated</li> <li>• Achieve full forearm supination and pronation</li> <li>• Shoulder, wrist, hand exercises encouraged</li> <li>• Edema control/Scar management</li> <li>• Apply ice after exercises</li> <li>• <b>NO ACTIVE ELBOW EXTENSION</b> until 6 weeks post-op</li> </ul>
<b>PHASE II: (WEEK 3-6)</b>	<ul style="list-style-type: none"> <li>• Hinged elbow brace at all times except exercise or hygiene</li> <li>• Unlock brace according to ROM progression</li> </ul>	<ul style="list-style-type: none"> <li>• Passive extension to 0° as tolerated.</li> <li>• Active/Passive flexion may be increased by 10° per week as tolerated.</li> <li>• Continue with shoulder, wrist, hand exercises.</li> <li>• <b>NO ACTIVE ELBOW EXTENSION</b> until 6 weeks post-op</li> </ul>
<b>PHASE III: (WEEK 6-6 MONTHS)</b>	<ul style="list-style-type: none"> <li>• Gradually wean from brace at 8 weeks from surgery</li> </ul>	<ul style="list-style-type: none"> <li>• Begin active elbow extension gradually and progress with strength program.</li> <li>• Continue ROM as necessary.</li> </ul>