

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

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