

TRICEPS REPAIR REHAB PROTOCOL

	Range of Motion	Immobilizer	Therapeutic Exercise
Phase I Week 0-2	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Sling and Splint 	<ul style="list-style-type: none"> • Shoulder Pendulums • Active wrist and finger motion
Phase II Week 2-6	<ul style="list-style-type: none"> • Avoid active elbow extension • Begin 0-30 degrees, increase 10 degrees a week, goal 90 degrees at week 6 	<ul style="list-style-type: none"> • Hinged elbow brace • May adjust brace as motion increases 	<ul style="list-style-type: none"> • Active elbow flexion • Light passive elbow extension • Active supination and pronation
Phase III Week 6-12	<ul style="list-style-type: none"> • Full and pain free 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Advance phase II activities • Active assisted elbow extension • Begin light isometric weight training
Phase IV Week 12-18	<ul style="list-style-type: none"> • Full and pain free 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Advance strengthening • Progress return to sport • Interval Program when appropriate