

Triceps Tendon Repair

Post-Operative Protocol Phase I: Tendon Healing (Weeks 0-2)

Goals	• Tendon healing
Precautions	• No passive/active elbow motion • Sling and splint use
Interventions	• Shoulder pendulum exercises • Active wrist and finger motion
Criteria to Progress	• 2 weeks post-op

Post-Operative Protocol Phase II: Early Motion (Weeks 2-6)

Goals	• Increase elbow motion
Precautions	• No active elbow extension • Protected motion in hinged elbow brace 0-60
Interventions	• Active elbow flexion • Light passive elbow extension • Active supination and pronation
Criteria to Progress	• 6 weeks post-op • Full supination and pronation

Post-Operative Protocol Phase III: Motion & Light Strengthening (Weeks 6-12)

Goals	• Increase to full range of motion
Precautions	• No heavy weights
Interventions	• Active elbow flexion • Active supination and pronation • Active assisted elbow extension • Begin light isometric weight training
Criteria to Progress	• 12 weeks post-op

Post-Operative Protocol Phase IV: Advanced Strengthening, Transitions to Sport-Specific Training (Weeks 12-18)

Goals	• Advanced strengthening • Sport-specific training
Interventions	• Increase weights

Return to Sport (After Post-Op Week 16)

Goals	• Return to sport
Interventions	• Progressive return to sport • Include a 5-10 minute cardiovascular warm-up • Ensure one rest day in between each session • Continue stretching and strengthening exercises on rest days • Follow a sport-specific interval program