

Palmetto Health USC

ORTHOPEDIC CENTER

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Triceps Repair

Physical therapy to begin at 3 weeks

exercises can be done out of the brace

PHASE I (3 weeks), progress brace 10° per week

BRACE: 30° elbow extension to 80° of elbow flexion

EXERCISES: Shoulder isometrics
Tricep isometrics (at 80°)
Bicep isometrics
Gripping exercises

SCAR MASSAGE

PROM: Flexion at 90° to full elbow flexion
Supination emphasis
3 to 6 weeks begin PROM to end feel

PHASE II (4 weeks to 5 weeks)

BRACE: 90° of elbow flexion to full elbow extension (4 weeks), 100° to elbow flexion to full extension (5 weeks)

EXERCISES: Initiate AAROM flexion/extension
Initiate Active forearm supination/pronation

PROM: Full flexion by 6 weeks

PHASE III (6 weeks to 8 weeks)

BRACE: Full ROM with brace, D/C @ MD discretion

EXERCISES: Active elbow flexion (stop at pain, patient tolerance)
Light strengthening are initiated with light tubing for shoulder and elbow
Active forearm/wrist strengthening (PRE program)

PHASE IV (12 wks) Progressive Resistance Exercise (PRE) for the tricep

Special Considerations: **Golf:** 3 months chip and putt
4 months: 50- 75% swing
General Sports: 6 months (possibly longer at MD discretion)