



# TRICEPS REPAIR



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## Physical Therapy Prescription

\*\*\*Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121\*\*\*

Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Diagnosis:** R / L Triceps Repair

**Frequency:** 2-3 times per week for 12-26 weeks, Therapy to start after splint removal

### **PHASE I: Early ROM & Protect Fixation (0 to 6 weeks)**

- Hinged Elbow Brace (HEB) worn at all times (after the initial dressing removed)
- Initiate elbow exercise program 5 times per day:
  - Passive and active elbow ROM to 90 degrees of flexion
  - Increase flexion 15 degrees each week in HEB
  - Avoid active extension
- Grip and wrist/hand AROM immediately.
- Perform supination ROM only with the elbow flexed to 90 degrees.

### **Phase II: Full ROM and function (6 to 12 weeks)**

- Advance ROM:
  - Full elbow and forearm ROM out of HEB
- Initiate elbow and forearm strengthening when pain free ROM achieved

### **Phase III: Return to Function (12+ weeks)**

- Achieve as full motion as possible
- Focus on ADL specific strengthening
- Advanced strengthening program as tolerated
- Gradual return to activity

Signature: \_\_\_\_\_

Date:

Stephen G. Thon, MD

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