

Dr. Foster Distal Triceps Repair

Precautions: This is a conservative treatment approach and may be advanced faster by surgeon's office depending on stability of repair.

Phase I (Therapy beginning 2 weeks post-op)

- Wound care: Initiate scar management/modalities as needed once incision site is healed
- Brace: Long-arm orthosis/brace positioning elbow at 30 degrees of flexion
- Exercises:
 - Gravity-assisted AAROM elbow extension
 - AROM, gentle elbow flexion to 90 degrees

Phase II (6-8 weeks post-op)

- Brace: Patient may begin weaning out of brace/orthosis in controlled environments
- ROM: Progress to full PROM for elbow flexion/extension

Phase III (8+ weeks post-op)

- Brace: Discontinue brace use
- Strengthening: May begin with surgeon's precautions