

Distal Triceps Repair (Advanced)

Drs. Foster & Schwartz

Please follow the **Indiana Hand Protocol (5th edition)** for more conservative treatment. Therapy order will specify which post-op protocol to follow.

Phase I (1 day – 6 week post-op)

- Begin therapy 2 weeks post-op
- Wound care: Initiate scar management as needed once incision site has healed
- Modalities: Initiate modalities as needed once incision site has healed
- Brace: Hinged elbow brace locked at 30 degrees of flexion
- ROM:
 - Gravity assisted AAROM elbow extension
 - Gentle AROM elbow flexion up to 90 degrees
 - Patient will perform these exercises within the hinged elbow brace. Clinician will educate patient on how to adjust/manipulate the brace.

Phase II (6 weeks – 8 weeks post-op)

- Brace: Patient may begin weaning out of brace in controlled environments
- ROM:
 - Begin PROM for elbow flexion/extension
 - Full ROM allowed

Phase III (8 weeks post-op)

- Brace: Discontinue hinged elbow brace
- Strengthening: May begin with MD clearance

Adapted From:

- 1) Consultation with Drs. Brian Foster & Edric Schwartz, MD at OrthoIllinois

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