



## TRICEPS REPAIR PT Protocol

### Maximum Protection Phase (Day 1 to Week 8)

#### Weeks 0-2

- Brace: posterior splint locked at 60 degrees flexion
- ROM: elbow immobilized x2 weeks Wrist and hand ROM Gripping exercises Shoulder pendulum in elbow brace Perform PROM shoulder exercises
- Strengthening exercises: Gripping for hand Wrist flexion and extension, light dumbbell • Cryotherapy applied to triceps

#### Weeks 3-4

- ROM brace applied: 30 to 60 degrees of flexion
- No active elbow extension x4-6 weeks
- Continue shoulder PROM exercises
- Light isometric biceps at 60 degrees flexion
- Initiate ER/IR tubing at 0 degrees adduction
- Manual scapular neuromuscular exercises (seated)
- Continue shoulder, elbow, wrist PROM
- Continue with ice and compression

#### Weeks 5-6

- ROM brace: increase ROM to 15-90 degrees gradually
- Initiate light shoulder and scapular strengthening exercises at 6 weeks

#### Weeks 7-8

- ROM brace: progress to 0 to 125 degrees at 8 weeks
- Initiate light isotonic strengthening for shoulder and scapula
- Continue ice prn

### Moderate Protection Phase (Weeks 9-16)

#### Weeks 9-12

- Progress strengthening exercises slowly



# Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

**Modalities:**

Electric Stimulation  Ultrasound  Iontophoresis  Phonophoresis  
 TENS  Heat before/after  Ice before/after  Trigger points massage  
 Therapist's discretion  
 Other \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_