



## **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



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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:** \_\_\_\_\_