

TRICEPS TENDON REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 - 2 weeks	None	Splint for first week Elbow TROM at first post-op visit	Gentle wrist and shoulder ROM
PHASE II 2 - 6 weeks	ROM 0-90 ° x 4 weeks then advance	Brace worn at all times (including exercise) - removed for hygiene	Continue with wrist and shoulder ROM, begin active flexion , NO active extension, gentle joint mobilizations
PHASE III 6 - 9 weeks	Active flexion ° Full ROM	Worn at all times (including exercise) - removed for hygiene	Continue to maintain wrist and shoulder flexibility, begin rotator cuff/deltoid isometrics, progress active flexion in brace, begin gentle extension strength
PHASE IV 9 - 12 weeks	Gently advance ROM to tolerance	None	Begin active flexion and extension against gravity, advance strengthening in phase III to resistive, maintain flexibility/ROM
PHASE V 12 weeks - 6 months	Gradual return to full and pain-free	None	Begin gentle extension strengthening, advance activities in phase IV
PHASE VI 6 months and beyond	Full and pain-free	None	Return to full activity