



Matthew Gotlin, MD
159 East 74th Street
New York, NY 10021

REHAB PROTOCOL: DISTAL TRICEPS REPAIR

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Protection Phase): Weeks 1-6

Precautions:

- No lifting or pushing activities with the arm
- NO ACTIVE TRICEPS contraction or resistance exercises
- Use brace at all times except during shower and changing clothes or passive exercises

Weeks 1-4:

- Arm in a sling to prevent swelling and support
- Elbow will be in a posterior splint in 30-60 degree of flexion till first office visit (10-14 days)
- Elbow is transitioned into hinged elbow locked at 30-60 degree of flexion with wrist free at 2 weeks (depending on intraoperative tension)
- AROM of wrist and hand allowed during this phase (passive supination/pronation)
- Passive elbow extension allowed from 30 degrees of flexion to complete extension

Week 4-6

- Brace adjusted to 90 degrees flexion (75 in week 5 and 90 in week 6)
- Passive flexion allowed from limits of extension to full flexion
- No active ROM exercise for elbow

Phase II (PROM, AAROM and AROM): Weeks 6-12

Precautions:

159 East 74th Street
New York, NY 10021
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310
Scarsdale, NY 10583
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100
Westbury, NY 11590
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road
Staten Island, NY 10306
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue
Brooklyn, NY 11201
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13th Street, 6th Floor
New York, NY 10077
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard
North Bergen, NJ 07047
Tel: 212-737-3301 Fax: 212-734-0407

- No lifting or pushing activities with the arm
- NO ACTIVE TRICEPS contraction or resistance exercises

Exercises

- Discontinue the use of the hinged elbow
- Allow gradual complete flexion and advance Elbow ROM: PROM-->AAROM-->AROM
- Start with gravity eliminated and advance to extension against gravity at 10 weeks
- Biceps AROM allowed without resistance
- Ok to do gentle stretch at end range at 10-12 weeks: **should have full ROM by week 10**
- Continue Shoulder and wrist ROM

Phase III (Strengthening): Month 3 and beyond

- End range stretching for extension
- May begin elbow strengthening against resistance-Theraband and gradually advance to elbow strengthening with light weights
- **Return to contact sports at 5-6 months.**
- Deep elbow dips and other strenuous eccentric exercises after 6 months

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

Evaluation and others

- ◇ Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____