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CENTER FOR
Advanced Orthopedics
AND SPORTS MEDICINE



Physical Therapy Prescription – Triceps Tendon Repair

Name: _____ **Date:** _____

Diagnosis: R / L elbow Triceps Tendon Repair **Date of Surgery:** _____

Frequency: 2-3 times per week for _____ weeks

Weeks 0-6

Immediately after surgery the elbow is splinted in about 60 degrees of flexion and neutral forearm rotation. This splint is maintained until the first postoperative visit, usually 1-2 weeks after surgery. At the first post-operative visit the splint and surgical dressing are removed. Patients are placed in a hinged elbow ROM brace set at 0-90 degrees flexion. The patient must use the sling attachment to protect the repair. The brace is to be worn at all times, except when doing exercise, dressing or bathing x 6 weeks. At the first physical therapy evaluation patients taught a home exercise program to be performed five times daily.

Week 1-6 HEP

Passive Self Assisted Elbow Extension
Active Assisted Elbow Flexion to 90 degrees x 4 weeks, then may progress to full flexion
Passive Self Assisted Forearm Supination
Passive Self Assisted Forearm Pronation
Hand, Wrist, Shoulder ROM to prevent stiffness

The elbow brace should be worn at all times with the sling attachment except to perform exercises, or dress and bathe with assistance x 6 weeks post op.

Weeks 6

Brace is discontinued
Begin light active use. No aggressive or repetitious activity.
Continue passive stretching to achieve full range of motion
Begin active range of motion exercises elbow flexion and extension, and forearm supination, pronation

Week 7-8

Begin elbow flexion and extension, and forearm pronation and supination isometrics.
Continue passive stretching to achieve full range of motion.

Week 12

Begin progressive resistive strengthening: theraband, theraTube, grip strengthening, and progress to weights.
Continue passive stretches to achieve full range of motion.
Note: If stiffness is noted, strengthening should be delayed.

Week 12-26 (6 months)

Progressive gradual increase in resistance exercises and activities. Avoid overloading triceps muscle/tendon unit.
Full unrestricted activity is permitted after 6 months for most patients depending upon patient activity demands.

Physician Signature: _____ Date: _____

For more orthopedic information and rehab protocols visit www.drsiwiec.com

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