



Distal Triceps Tendon Repair Rehabilitation Program

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Diagnosis: Right / Left Distal Triceps Tendon Repair _____

Date of Surgery: _____

Weeks 0-3 (Phase I):

- ›› Sling/Splint/Brace in neutral worn at all times
- ›› Gentle wrist and shoulder ROM ok

Weeks 3-6 (Phase II):

- ›› Slowly progress passive elbow flexion to 90 degrees in hinged elbow brace.
- ›› No active elbow extension
- ›› Gentle elbow joint mobilizations

Weeks 6-9 (Phase III):

- ›› Passive elbow flexion/extension to full
- ›› Begin gentle active assisted extension exercises
- ›› Continue to maintain wrist and shoulder flexibility, begin rotator cuff/deltoid isometrics
- ›› Modalities per therapist's discretion

Weeks 9-12 (Phase IV):

- ›› Gently advance ROM as tolerated
- ›› Begin full active flexion and extension tolerance against gravity
- ›› Advance strengthening in phase III to resistive, maintain flexibility/ROM

Months 3-6 (Phase V)

- ›› Begin elbow flexion/extension resistance, strengthening
- ›› Advance activities as tolerated
- ›› Full return to play/duty typically at 5-6 months when ROM/Strength are full and pain free

For more information please visit: www.NuelleSportsMD.com