



ORTHOPEDIC ASSOCIATES OF LANCASTER, LTD

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Shoulder & Elbow Surgery

REHABILITATION PROTOCOL: TRICEPS RECONSTRUCTION

Phase I: Protect Repair (0 to 2 weeks after surgery)

- Elbow splinted in slight extension for 2 weeks
- Keep splint clean and dry until removed at first post-operative visit (2 weeks)
- Sutures or staples will be removed at your first post-operative visit
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.

Phase II: Progress ROM & Protect Repair (2 to 8 weeks after surgery)

- Transition to hinged elbow brace at 2 weeks
- Initiate exercise program 3 times per day after splint removed at week 2:

Passive self-assisted elbow extension

Active self-assisted elbow flexion (as allowed by brace)

Passive self-assisted forearm pronation and supination

Shoulder/wrist/hand mobility

- Progressively increase brace arc of motion at 2 week intervals:
 - 2-4 weeks: 0 to 30 degrees
 - 4-6 weeks: 0 to 60 degrees
 - 6-8 weeks: 0 to 90 degrees
- No lifting with involved extremity.
- DO NOT push off with the surgical arm

Phase III: Progress ROM & Protect Repair (8 to 12 weeks after surgery)

- May discontinue brace



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- May resume light activities of daily living. No aggressive or repetitive motions
- Lifting restriction of 10 pounds with the involved extremity.
- Advance active and passive ROM in all planes to tolerance.
- Begin elbow flexion/extension/pronation/supination isometric exercises, avoiding resistance greater than 10 lbs

Phase III: Strengthening (3 months after surgery)

- Discontinue lifting restrictions.
- Gradual progressive strengthening in extension/flexion/supination/pronation
- Initiate progression to sports specific activities at 4 months. Return to sport at 5 months