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## **DISTAL TRICEPS REPAIR PT PROTOCOL**

### **Weeks 0-2**

Sling and splint at all times. No formal therapy at this point.

- Encourage full finger motion. May use a ball and attempt to make fist.
- Keep arm elevated while at home to reduce swelling

### **Weeks 2-6**

Will transition to hinged elbow brace at the two week postoperative appointment. Begin physical therapy during this time.

- Hinged elbow brace 0-90 degrees
- Gentle PROM for elbow flexion and extension as tolerated. Fingertip pressure only.
- PROM pronation and supination as tolerated
- AAROM and AROM in elbow flexion. No strengthening.
- No active elbow extension or strengthening

### **Weeks 6-12**

Work towards normal active motion

- Hinged elbow brace 0-130 degrees
- Continue active elbow flexion, supination, pronation
- Begin active elbow extension
- No strengthening at this time
- Should have normal motion during this time

### **Week 12 and on**

Progress with strengthening

- Brace may be removed
- May start gentle strengthening (1-3 pounds)
- Increase up to 5 lbs per week as tolerated to full strength
- Resume normal daily activities