

Physical Therapy Prescription

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Triceps Tendon Repair

Surgical Date: _____

Side: Right Left

Phase	Goals	Precautions	Exercises
Phase 1: Weeks 0 – 2	Pain control/edema Protect surgical repair	Splint at all times sling	Wrist/ hand ROM Shoulder PROM
Phase 2: Weeks 2-6	Edema and pain control Protect repair	Sling as needed Remove for shower/exercises No active elbow extension	Gradually increase elbow ROM weekly. Week 2: 0 – 45° Week 4: 0 – 60° Week 6: 0 – 90° Active flexion, passive extension Hand/wrist/shoulder ROM Noelbow flexion stretching
Phase 3: Weeks 6-12	Full ROM Protect repair	No lifting > 5 lbs	Weeks 6-8: Progress elbow ROM 0 - 120 A/AA/PROM no limits at 8 weeks Weeks 9-12: Full elbow ROM, no limits Triceps isometrics
Phase 4: Weeks 12+	Improve strength	No contact sports until 4 – 5 months postop	ROM, capsular stretching Triceps strengthening

Treatment: 1-2 2-3 times per week for _____ weeks.

Home Program

Physician's Signature: _____

Jesse Kaplan, MD