

Triceps Repair PT Protocol

Phase I – Weeks 0 to 2:

- Elbow brace locked at 60 degrees of flexion

Phase II – Week 2:

- Remain in locked hinged elbow brace, unlock brace to do exercises 3-4x/day
- Passive elbow extension to full, active elbow flexion to degrees of flexion by 4 weeks

Phase III – Week 4:

- Remove hinged elbow brace
- Progress active flexions as tolerated
- Begin active extension without resistance

Phase IV – Week 6:

- Full active flexion and extension
- Begin isometrics/light resistance

Phase V – Weeks 8 to 12:

- Advance resistance as tolerated, slow steady movements; set of 8 or more reps

Phase VI – Week 12:

- Advance strengthening as tolerated
- No plyometrics or Crossfit movements that affect triceps (elbow extension)

Phase VII – Week 16:

- No restrictions; advance as tolerated

Phase VIII – Week 24:

- Recovery completed (>85%), maximum resistance (heavy weight training, dips, weighted dips, etc) will take up to 1 year to recover full ability; typically >10% or more loss from pre-injury level