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Shoulder & Elbow Surgeon

## Triceps Tendon Repair

**JARED M. MAHYLIS, MD**

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Detroit, MI

### **Phase I: (0 to 1 week after surgery)**

Goals: Protect Repair. ensure wound healing.

1. Patients should maintain splint until seen in clinic. You should cover your splint for showing
2. Sutures dissolve on their own.

### **Phase II: (1 to 6 weeks after surgery)**

Goals: Initiate ROM & Protect Repair

1. Begin active assisted and passive elbow extension limitation. Slow progression in motion
2. May begin active elbow flexion and pronation/supination without restrictions.
3. Remain non-weight bearing. No lifting with the operative arm.
4. Avoid movements of resistance (e.g. Opening doors)
5. May shower and get incision wet.

### **Phase III: (6 to 12 weeks after surgery)**

Goal: Progress ROM and initiate strengthening.

1. Advance active and passive ROM in all planes to tolerance.
  - a. Flexion, extensions, supination, pronation
2. Initiate slow progressive strengthening under therapy guidance:
  - a. Week 6: 1-2 lbs.
  - b. Week 8: 3-5 lbs.
  - c. Week 10: 5-8 lbs.
  - d. Week 12: > 10 lbs
  - e. Week 14: Progressive release to full weight

### **Phase IV: (>3 months after surgery)**

1. Continued functional strengthening
2. Return to sport or activity 3-4 months, pending strengthening.