



Physical/Occupational Therapy Prescription

Name:

Date of Birth:

Diagnosis: Triceps Tendon tear

Code: G56.20

Procedure: Triceps Tendon Repair

Surgery Date:

Instructions:

Hinged elbow brace for the first six weeks post-operatively.

Weeks 0-2

- Elbow immobilized at 60 degrees for the first 2 weeks.
- Assist with wrist and hand range of motion, Shoulder pendulums while in elbow brace, and Shoulder Passive range of motion exercises.
- Gripping exercises for the hand. Wrist flexion and extension with 1lb.

Weeks 3-4

- Adjust brace and allow 30 to 60 degrees of active flexion. No active elbow extension until 6 weeks.
- Continue shoulder, elbow, and wrist passive range of motion exercises.
- Light isometric biceps exercises at 60 degrees of flexion. Initiate ER/IR tubing at 0 degrees of abduction.
- Manual scapular neuromuscular exercises-seated.

Weeks 5-6

- Adjust brace and allow 15-90 degrees flexion.
- Initiate light shoulder and scapular strengthening exercises at 6 weeks.
- Discontinue brace and allow full unrestricted range of motion at the end of 6 weeks from surgery date.

Weeks 7-8

- Allow Full Active and Passive motion of the elbow.
- Initiate isotonic strengthening of the shoulder and periscapular muscles.

Weeks 9-12

- Begin light triceps strengthening exercises and progress slowly beginning at 1lb up to 10lbs
- >12 weeks: Strengthen shoulder and elbow as tolerated. No weight restrictions.

Restrictions:

0-2 weeks: Hand use allowed for ADLs.

2-6 weeks: 1lb limit. Ok to type and drive.

6-12 weeks: Up to a 10lb limit if progressing well.

>12 weeks: No weight limits and allow full use of arm.

4 months: Full return to sport/gym.

Modalities: Cryotherapy after therapy.

Frequency: 2-3 times/week

Duration: 6 weeks

Signature:

Date:

