

TRICEPS REPAIR PROTOCOL

	BRACE	ROM	EXERCISES
PHASE I Weeks 0-2	Elbow brace locked at 60 degrees of flexion		
PHASE II Week 2	Remain in locked hinged elbow brace, unlock brace to do exercises 3-4 times per day	Passive elbow extension to full, active elbow flexion to 60 degrees. Progress to 90 degrees of flexion by 4 weeks.	
PHASE III Week 4	Remove hinged elbow brace	Progress active flexion as tolerated, begin active extension without resistance	
PHASE IV Week 6		Full active flexion and extension	Begin isometrics/light resistance
PHASE V Weeks 8-12			Advance resistance as tolerated, slow steady movements, set of 8 or more reps
PHASE VI Week 12			Advance strengthening as tolerated No plyometrics or cross-fit 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 one year to recover full ability, typically >10% or more loss from pre-injury level

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP