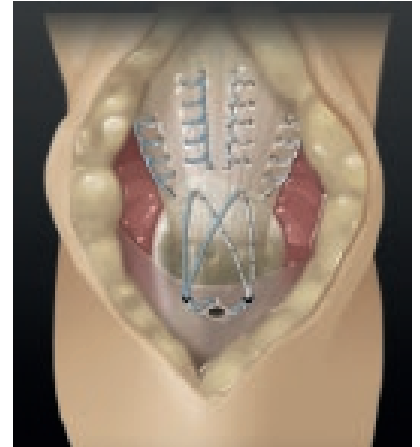


Distal Triceps Repair – Rehabilitation

Your triceps tendon is being held back to the bone with strong suture material attached to special bone anchors that have been placed within the bone.

Whilst this repair is strong, returning to full activity requires your native tendon to heal – the anchors and suture material just hold everything in the right spot until this healing occurs. Tendons generally take 3-6 months to heal so your activities will be restricted to some degree during this period.



PHASE	WEEK	GOALS	INSTRUCTIONS
PHASE 1 PROTECT REPAIR & PREVENT STIFFNESS	Weeks 0-2	Pain control Protect repair	Sling/backslab for first 2 weeks Analgesia Physio education Wrist and hand exercises
	Weeks 2-6	Protect repair Prevent stiffness Elbow flexion arc from 0* to 90*	Sling for comfort only but wean completely by 6/52 Full passive elbow extension Aim to achieve elbow flexion to 90* by 6/52 Avoid lifting > 1kg (1L milk carton)
PHASE 2 INCREASE ROM	Weeks 6-12	Graduated increase in flexion ROM Graduated strengthening	Flexion advanced by 10* per week until full elbow flexion achieved Progressive resisted exercises Avoid contact sports, heavy weights
PHASE 3 STRENGTHENING & CONDITIONING	Months 3-6	Gradual return to sport Prevent re-injury	Full day-to-day activities as tolerated Graduated return to sport (competitive contact sports from 6 months)