

### **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