



Postoperative Protocol Distal Triceps Rupture

Name: _____

Date: _____

Surgery Date: _____

Postoperative Period	Activity
Weeks 1-6	Long arm splint; elbow flexed 30-45 degrees Can use hinged splint and block range of motion, yet allow range of motion during therapy and gradual elbow flexion Passive elbow extension Active elbow flexion Night-time extension splint if needed
Weeks 2-6	Full passive elbow extension Passive or gentle active elbow flexion to 30 degrees, increasing by 15-20 degrees/wk depending on repair
Week 6	Full active flexion Active extension after 6 wk
Weeks 10-12 to month 4	Strengthening beginning with midrange isometrics, then isotonic concentric contractions, and finally, eccentric muscle contractions

o Modalities:

___ Cold Pack

___ E-Stim

Frequency: _____ times / week for _____ weeks.

Signature: _____

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