

Distal Triceps Repair Protocol

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Phase I (Post-op Weeks 0–2) Protection Phase

- Posterior splint or hinged elbow brace locked at 30–45° flexion unless otherwise directed
- Brace worn at all times except hygiene and prescribed exercises
- No active elbow extension
- No resisted triceps contraction
- Wrist, hand, and shoulder range of motion exercises
- Edema control, elevation, and pain management emphasized

Phase II (Weeks 2–6) Early Motion Phase

- Transition to hinged elbow brace with controlled ROM progression
- Gradually increase elbow flexion range per surgeon guidance
- Begin passive elbow extension to brace limit only
- No active elbow extension against gravity
- No resisted elbow extension
- Continue wrist, hand, and shoulder ROM
- Scar management and soft tissue mobilization as indicated
- Light functional use of hand without pushing activities

Phase III (Weeks 6–12) Progressive Strengthening Phase

- Discontinue brace as tolerated once adequate control achieved
- Begin active elbow extension without resistance
- Progress elbow flexion and extension to full ROM as tolerated
- Initiate triceps isometrics beginning around 8 weeks
- Progress to light isotonic strengthening at 10–12 weeks
- Grip, wrist, and forearm strengthening
- Avoid heavy pushing or weight-bearing through the arm

Phase IV (Months 3–5) Advanced Strengthening Phase

- Progress triceps strengthening with bands and light weights
- Advance closed-chain upper-extremity strengthening
- Begin modified push-ups, wall push-ups, and functional loading
- Emphasize eccentric triceps control
- Gradually reintroduce work- or sport-specific tasks



Phase V (Months 5–6+) Return to Activity

- Return to unrestricted activities as tolerated once cleared
- Progress heavy lifting, pushing, and sport-specific activities
- Return to sports and heavy labor typically after 6 months

****Special Considerations:****

- Progression may vary based on tear chronicity, repair quality, and fixation strength.
- Avoid aggressive stretching or loading of the triceps tendon early.

****Progression Criteria:**** Advancement is criteria-based and dependent on pain control, restoration of motion, tendon healing, strength, and functional control.