



## **Chronic Triceps Reconstruction REHAB Protocol**

### **Phase I (weeks 2-6)**

- Patient fit with IROM elbow brace to be worn at all times except bathing.  
Brace locked at 45 degrees for 4 weeks.
- Passive extension, no elbow flexion

### **Phase II (weeks 6-12)**

Precautions: No full elbow flexion stretch until 12 weeks post op  
No active triceps strengthening

Elbow flexion PROM to progress as follows:

Week 6 – PROM to 75 flexion

Week 7 – PROM to 90

Week 8 – PROM to 110

Week 9 – PROM to 130 ... ETC

Full elbow extension achieved by approximately 12 weeks post op

Begin AROM bicep activity without resistance

### **Phase III (weeks 12-16)**

Full elbow AROM and PROM should be achieved  
- no active triceps resistance

Begin AROM bicep activity with light resistance

Open chain RTC strengthening can begin with light weights

### **Final Phase (weeks 16- 6 months)**

Goals for discharge: full strength of biceps, shoulder musculature

- Gradual weight/theraband resistance training for triceps
- Closed-chain and co-contraction shoulder strengthening
- Gradual introduction of throwing activities and plyometrics as authorized per MD.