



**COLUMBIA UNIVERSITY  
CENTER FOR SHOULDER,  
ELBOW AND SPORTS  
MEDICINE**

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## **Triceps Repair Rehabilitation Protocol**

### **Maximum Protection Phase (Day 1 to Week 8)**

#### Weeks 0-2

- Brace: posterior splint locked at 60 degrees flexion
- ROM: elbow immobilized x2 weeks  
Wrist and hand ROM  
Gripping exercises  
Shoulder pendulum in elbow brace  
Perform PROM shoulder exercises
- Strengthening exercises:  
Gripping for hand  
Wrist flexion and extension, light dumbbell
- Cryotherapy applied to triceps

#### Weeks 3-4

- ROM brace applied: 30 to 60 degrees of flexion
- No active elbow extension x4-6 weeks
- Continue shoulder PROM exercises
- Light isometric biceps at 60 degrees flexion
- Initiate ER/IR tubing at 0 degrees adduction
- Manual scapular neuromuscular exercises (seated)
- Continue shoulder, elbow, wrist PROM
- Continue with ice and compression

#### Weeks 5-6

- ROM brace: increase ROM to 15-90 degrees gradually
- Initiate light shoulder and scapular strengthening exercises at 6 weeks

#### Weeks 7-8

- ROM brace: progress to 0 to 125 degrees at 8 weeks
- Initiate light isotonic strengthening for shoulder and scapula
- Continue ice prn

### **Moderate Protection Phase (Weeks 9-16)**

#### Weeks 9-12

- Progress strengthening exercises slowly

