

## **TRICEPS REPAIR PT Protocol**

### **Weeks 0-2:**

- Elbow brace locked at 60 degrees of flexion

### **Week 2:**

1. Remain in locked hinged elbow brace, unlock brace to do exercises 3-4 times per day
2. PASSIVE elbow extension to full, active elbow flexion to degrees of flexion by 4-6 weeks

### **Week 4:**

- Remove hinged elbow brace
- Progress active flexions as tolerated, begin active extension without resistance

### **Week 6:**

- Full active flexion and extension
- Begin isometrics/ light resistance

### **Week 8-12**

- Advance resistance as tolerated, slow steady movements, set of 8 or more reps

### **Week 12**

- Advance strengthening as tolerated
- No plyometrics or cross-fit movements that affect triceps (elbow extension)

### **Week 16**

- No restrictions, advance as tolerated

### **Week 24:**

- Recovery completed (>85%), maximum resistance (heavy weight training, dips, weighted dips, etc.) will take up to one year to recover full ability, typically > 10% or more loss from pre-injury level