

Name: _____ Date of Birth: _____
Diagnosis: Tricept Tendon Strain Code: S46.31
Procedure: Tricep Tendon Recon Surgery Date: _____

In order for University of Utah Health Care to complete this referral, please fax the patient's first consult notes to the University of Utah Orthopaedic Center at 801-581-4404. Thank you.

Timing of each phase varies based on individual patient factors, length of time immobilized, strength/ROM status, and expected performance/activity demands.

Phase I: Protect Repair (0 to 2 weeks after surgery)

- Elbow splinted in slight extension for 2 weeks
- Keep splint clean and dry until removed at first post-operative visit (2 weeks)
- Sutures or staples will be removed at your first post-operative visit
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.

Phase II: Progress ROM & Protect Repair (2 to 8 weeks after surgery)

- Transition to hinged elbow brace at 2 weeks
- Initiate exercise program 3 times per day after splint removed at week 2:
 - Passive self-assisted elbow extension
 - Active self-assisted elbow flexion (as allowed by brace)
 - Passive self-assisted forearm pronation and supination
 - Shoulder/wrist/hand mobility
- Progressively increase brace arc of motion at 2 week intervals:
 - 2-4 weeks: 0 to 30 degrees
 - 4-6 weeks: 0 to 60 degrees
 - 6-8 weeks: 0 to 90 degrees
- No lifting with involved extremity.
- DO NOT push off with the surgical arm

Phase III: Progress ROM & Protect Repair (8 to 12 weeks after surgery)

- May discontinue brace
- May resume light activities of daily living. No aggressive or repetitive motions
- Lifting restriction of 10 pounds with the involved extremity.
- Advance active and passive ROM in all planes to tolerance.
- Begin elbow flexion/extension/pronation/supination isometric exercises, avoiding resistance greater than 10 lbs

Phase III: Strengthening (3 months after surgery)

- Discontinue lifting restrictions.
- Gradual progressive strengthening in extension/flexion/supination/pronation
- Initiate progression to sports specific activities at 4 months. Return to sport at 5 months

Modalities per Therapist

Freq: 1-3x/week

Duration: 8-12 weeks

Signature _____