

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Diagnosis: Tricep Tendon Strain Code: S46.31  
Procedure: Tricep Tendon Repair Surgery Date: \_\_\_\_\_

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**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 6 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
- Brace unlocked 0 to 90 degrees until 6 weeks
- No lifting with involved extremity.
- DO NOT push off with the surgical arm

**Phase III:     Progress ROM & Protect Repair** *(6 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 \_\_\_\_\_