Physical Therapy Prescription-distal triceps repair

Diagnosis: {LEFT RIGHT:23367} distal triceps repair

Date of Surgery: \*\*\*

Evaluate and Treat per therapist plan 1-2 times/week for 24 weeks/6 months. Please contact the Office for renewal as needed.

Immobilization:

-10-14 days at 30 degrees elbow extension, neutral rotation, wrist in neutral or free

Protected Motion:

-Progressive Flexion Block, Full Passive Extension and Active/Passive Forearm Rotation with Elbow in Extension

Flexion block as follows

Week 2: 30

Week 3: 45

Week 4: 60

Week 5: 90

Week 6: Full flexion

Active Motion of Repaired Muscle

1. Begin active, un-resisted extension at 6 weeks

2. Begin passive flexion if needed at week 8

Strengthening

-10-12 weeks for elbow extension. Begin with submax isometric advance to submax isotonic contractions. Shoulder and hand strengthening earlier as needed without stressing repair.

Unrestricted activity/return to sports

-5 Months