

Dr. Pathik Shah

Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon

DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
Fellowship in Joint and Trauma (Mumbai)
Diploma in Football medicine (FIFA)

DIAGNOSIS: RIGHT TRICEPS REPAIR

Expected Rehab Timeline

0-2 weeks: splint

3-4 weeks: brace 0-60

5-6 weeks: brace 0-90

6-8 weeks unlock then D/C brace when comfortable

PT begins week 3 or 4.

EARLY POST-OP (0-2 WEEKS)

GOALS:

Pain and edema control

EXERCISES/RESTRICTIONS:

Posterior mold splint and sling until first post-op visit

Finger exercises

Shoulder range of motion

PHASE I (3-6 WEEKS)

GOALS:

Tendon healing

EXERCISES/RESTRICTIONS:

Remain in locked hinged elbow brace, unlock brace to do exercises 3-4 times per day

PASSIVE elbow extension to full, active elbow flexion to 60° by 4 weeks

Progress to 90° of flexion by 6 weeks

Gripping exercises

Ice before and after rehab exercises

Modalities (stim, US)

PHASE II (6-12 WEEKS)

GOALS:

Regain elbow range of motion

Dr. Pathik Shah

Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon

DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS

AOSSM Sports Surgery Fellowship (California, USA),

Fellowship in Joint and Trauma (Mumbai)

Diploma in Football medicine (FIFA)

EXERCISES/RESTRICTIONS:

Unlimited active ROM and gentle passive ROM past week 6

More aggressive passive ROM past week 8 to restore full and normal ROM

Strengthening: Begin if range of motion is near full:

- Gentle strengthening
 - o Start at 500gm for wrist extensors and flexors
 - o Start at 1Kg for biceps and triceps
 - o Progress 500gm per week
- Resisted pronation and supination.
- Can begin with Isometric exercises at week 6-8

Ice before and after rehab exercises

Modalities (stim, US)

PHASE III (>12 WEEKS)

GOALS:

Preparation and initiation of activity

EXERCISES/RESTRICTIONS:

Progress lifting in all forearm positions as tolerated

Progress to concentric and eccentric exercise as tolerated at week 12

Full return to activity when strength is symmetric and range of motion is normal