

PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

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PATIENT STICKER

DISTAL TRICEPS REPAIR PROTOCOL

Surgical Date: _____

Side: Right Left

Diagnosis: Distal Triceps Repair

Postop	Goals	Precautions	Exercises
Weeks 0-2 HEP daily	Edema and pain control Protect surgical repair Hand, wrist, shoulder ROM	Splint 60° flexion at all times	Gentle wrist and hand ROM Gripping exercise Shoulder pendulum in splint Shoulder PROM exercises
Weeks 2-6 HEP daily	Edema and pain control Protect surgical repair ROM 0-100°	No active elbow extension Brace locked at 60° for ADLs Remove for shower & exercises	Gradually increase elbow ROM 0-100° Active flexion, passive extension Continue hand, wrist, shoulder ROM Light isometric biceps at 60° flexion Scapular neuromuscular exercises
Weeks 6-12 HEP daily	Full ROM Protect surgical repair	Brace open 0-90° for ADLs DC brace at 8 weeks No lifting objects >5 lbs	Progress ROM 0-120° until 8 weeks A/AA/PROM no limits after 8 weeks
Weeks 12-18 HEP daily	Improve strength	No brace	Continue ROM Initiate triceps strengthening
Weeks 18+ HEP daily	Return to play Unrestricted activity	No brace Return to sport (MD directed)	Increase intensity and duration of triceps Sport-specific exercises

Frequency & Duration: 1-2 2-3 x/week for _____ weeks _____ Home Program

Physician's Signature: _____ **M.D.**