

Triceps Tendon Repair

Dr Wysocki

10-14 days:

Splint: Postoperative dressing is removed, and sutures removed. Patient is fitted with a long arm posterior splint at a 30 degree angle. This should be worn at all times, when not performing exercises.

Motion: Patient can work on AROM for supination and flexion. PROM only for extension and pronation.

6 weeks:

Splint: wean out of splint as tolerated

Motion: Can begin unrestricted ROM

8 weeks:

Splint: consider static progressive splinting if needed

Motion: gentle progressive strengthening initiated

10 weeks:

Consider work conditioning for laborers. Gradual return to full activity, sports by 14 weeks