

## Physical Therapy Prescription – Distal Triceps Rehab Protocol

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Procedure: R / L

Date of Surgery: \_\_\_\_\_

Frequency: 2-3 times per week for \_\_\_\_\_ weeks

### PHASE I (Weeks 2 – 6): decrease edema

- **Brace:** To be worn at all times except bathing. Locked at 30 degrees for weeks 2-6
- **Range of Motion:** Full passive extension.
  - Week 2: PROM 40° flexion
  - Week 3: PROM 60° flexion
  - Week 4: PROM 75° flexion
  - Week 5: PROM 90° flexion
  - Full pain free ROM. Emphasize full extension.
- **Therapeutic Exercises:** Gentle hand/wrist/elbow/shoulder stretching, isometric hand/wrist/shoulder strengthening
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### Phase II (Weeks 6 – 8)

- **Brace:** To be worn at all times except bathing.
- **Range of Motion:** Full extension
  - Week 6: PROM to 110° flexion
  - Week 8: PROM to 130°
- **Therapeutic Exercises:** May begin AROM tricep activity without resistance
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### Phase III (Weeks 9 – 12)

- **Range of Motion:** Full
- **Therapeutic Exercises:** No active tricep resistance. Begin AROM tricep activity with light resistance. Open-chain rotator cuff strengthening can begin with light weights.
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

### Phase IV (Weeks 12 - 6 months)

- **Range of Motion:** Full
- **Therapeutic Exercises:** Closed chain and co contraction shoulder strengthening. Gradual introduction of throwing activities and plyometrics.
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)
- **Goals for Discharge:** Full strength of triceps, shoulder musculature.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_