



### **Physical/Occupational Therapy Prescription**

Name:

Date of Birth:

Diagnosis: Distal Triceps tendon tear                      Code:

Procedure: Distal triceps tendon repair (Double row suture anchor construct)

Surgery Date:

#### **Instructions:**

-Hinged elbow brace for the first six weeks post-operatively.

#### **Weeks 0-2**

-Elbow immobilized at 60 degrees for the first 2 weeks.

-Assist with wrist and hand range of motion, Shoulder pendulums while in elbow brace, and Shoulder Passive range of motion exercises.

-Gripping exercises for the hand. Wrist flexion and extension with 1lb.

#### **Weeks 3-4**

-Adjust brace and allow 30 to 60 degrees of active flexion. No active elbow extension until 6 weeks.

-Continue shoulder, elbow, and wrist passive range of motion exercises.

-Light isometric biceps exercises at 60 degrees of flexion. Initiate ER/IR tubing at 0 degrees of abduction.

-Manual scapular neuromuscular exercises-seated.

#### **Weeks 5-6**

-Adjust brace and allow 15-90 degrees flexion.

-Initiate light shoulder and scapular strengthening exercises at 6 weeks.

-Discontinue brace and allow full unrestricted range of motion at the end of 6 weeks from surgery date.

#### **Weeks 7-8**

-Allow Full Active and Passive motion of the elbow.

-Initiate isotonic strengthening of the shoulder and periscapular muscles.

#### **Weeks 9-12**

-Begin light triceps strengthening exercises and progress slowly beginning at 1lb up to 10lbs

>12 weeks: Strengthen shoulder and elbow as tolerated. No weight restrictions.

#### **Restrictions:**

**0-2 weeks:** Hand use allowed for ADLs.

**2-6 weeks:** 1lb limit. Ok to type and drive.

**6-12 weeks:** Up to a 10lb limit if progressing well.

**>12 weeks:** No weight limits and allow full use of arm.

**4 months:** Full return to sport/gym.

**Modalities:** Cryotherapy after therapy.

**Frequency:** 2-3 times/week

**Duration:** 6 weeks

**Signature:**

**Date:**

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