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PHYSICAL THERAPY ORDER – Distal Triceps Repair

Phase I: 0-2 weeks

- Edema and pain control
- Weight bearing status: NWB
- ROM: none
- Brace: splint

Phase II: 2-6 weeks

- WB status: NWB
- ROM: 2-3 weeks elbow flexion to 0-30 deg, 3-4 weeks 0-60 deg, 4-6 weeks 0-90 deg
 - o No PROM, do not push elbow to flexion, largely AROM and gentle AAROM
 - o No active extension
- Brace: locked to settings above

Phase III: 6-12 weeks

- WB status: NWB
- ROM: progress towards full and introduce gentle pROM as needed
- Brace: unlocked
- Exercise: initiate active, concentric elbow extension (no resistance), no eccentric exercises, initiate scapular and shoulder exercises

Phase IV: 3-6 months

- WB status: WBAT without brace
- ROM: full
- Brace: discontinue at 12 weeks
- Exercise: Phase III + progress triceps strengthening (concentric) with light resistance, eccentric exercises

Return to sport at 6-9 months