



THE ORTHOPEDIC PARTNERS
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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Distal Triceps Repair Protocol

Phase 1

Weeks 0-2

- Keep splint clean, dry and in place until first follow-up
- May wear sling, in addition to splint, if more comfortable
- No lifting greater than 1-2 pounds
- May do self-care activities as well as light duty work such as typing and writing
- Make a fist 5 times an hour while \geq awake; finger motion (full extension and flexion) is important for all fingers.

Phase 2

Weeks 2-6

- Placed in a hinged elbow brace at 1st follow-up appointment
 - Active flexion - blocked at 90 degrees
 - Passive extension
- No lifting against resistance (greater than 1-2 pounds)
- May remove brace to shower
- Range of motion; wrist, hand and active shoulder motion in all planes
- Stitches are absorbable
- A clear tag of the absorbable stitch may be sticking out of the skin. Snip the tag of the stitch close to your skin.
 - May get steri-strips wet, but may not soak (bath tub, swimming, hot tub, etc.); pat area dry with clean towel.
 - Once steri-strips fall off and incision site is fully healed, water activity is unrestricted

Phase 3

Weeks 6-12

- Discontinue use of hinged elbow brace
- Range of motion as tolerated
- No lifting against resistance (greater than 1-2 pounds)

Phase 4

Week 12+

- Gradual strengthening program with the guidance of physical therapy
- Return to activity as tolerated

