



# THE ORTHOPEDIC PARTNERS

AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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## Distal Triceps Repair Post-Operative Protocol

Day 0-14	<ul style="list-style-type: none"><li>• Keep splint clean, dry and in place until follow-up<ul style="list-style-type: none"><li>○ May wear sling, in addition to splint, if more comfortable</li></ul></li><li>• No lifting greater than 1-2 pounds<ul style="list-style-type: none"><li>○ May do self-care activities as well as light duty work such as typing and writing</li></ul></li><li>• Make a fist 5 times an hour while awake; finger motion (full extension and flexion) is important for all fingers.</li></ul>
Follow-up Visit (day 10-14)	<ul style="list-style-type: none"><li>• Place in a hinged elbow brace, with a 90 degree flexion block (free with extension)</li><li>• Gain 10 degree of flexion each week until 6 week mark</li><li>• No lifting against resistance (greater than 1-2 pounds)</li><li>• May remove brace to shower</li><li>• Range of motion; wrist, hand and active shoulder motion in all planes</li><li>• Stitches are absorbable<ul style="list-style-type: none"><li>○ A clear tag of the absorbable stitch may be sticking out of the skin.</li></ul></li><li>• May get steri-strips wet, but may not soak (bath tub, swimming, hot tub, etc.); pat area dry with clean towel.<ul style="list-style-type: none"><li>○ Once steri-strips fall off and incision site is fully healed, water activity is unrestricted</li></ul></li></ul>
Week 6 Follow-up Visit	<ul style="list-style-type: none"><li>• Discontinue use of hinged elbow brace</li><li>• Range of motion as tolerated</li><li>• No lifting against resistance (greater than 1-2 pounds)</li></ul>
3 Month Follow-up Visit	<ul style="list-style-type: none"><li>• Gradual strengthening program with the guidance of physical therapy</li><li>• Return to activity as tolerated</li></ul>