

Triceps Repair

Dr. Staiger

*Schedule OT same day as doctor.

| Time Frame | Treatment | Goals |
|------------------------------|--|---|
| Phase I Post-Op Day 10-14 | <ul style="list-style-type: none"> Evaluate and Treat. Instruct in edema management techniques. Client will be in a prefabricated hinged elbow orthosis (L3760) allowing 40° flex and full ext. May be taken off for showers but client is not to flex his elbow past 40° (increase allowed flex 10° each week). Educate in orthosis wearing schedule and home exercise program. Begin ROM for the forearm, wrist, and hand. Gentle elbow AROM flex and PROM ext may be completed in/out of orthosis. Instruct client to also complete these exercises at home. Reinforce precautions including may use the arm for light ADLs in the orthosis, no more than 1 pound and no pushing. | <ul style="list-style-type: none"> Protection Edema control Incision healing Pain management Limit ROM |
| Phase II 3 Weeks | <ul style="list-style-type: none"> Adjust orthosis 10° each week and work on HEP. May use modalities as indicated (ultrasound typically not done until 5 weeks post-op). <ul style="list-style-type: none"> Modalities may include Ketoprofen, Dexamethasone, or Potassium Iodide as indicated at 5 weeks. | <ul style="list-style-type: none"> Progress allowed ROM Continue edema control and pain management |
| Phase III 4-6 Weeks | <ul style="list-style-type: none"> Begin gravity assisted elbow extension. Grip strengthening may be initiated. May begin PROM elbow flexion. At 5 weeks, scar ultrasound may begin over incisional site area PRN Also at 5 weeks educate in scar massage and scar pad use. At 6 weeks, client returns for follow-up appointment with doctor Doctor may discontinue orthosis at 6 weeks post-op. | <ul style="list-style-type: none"> Progression of ROM PREs for grip Scar management |
| Phase IV 8-12 Weeks | <ul style="list-style-type: none"> Begin elbow extension against gravity. May initiate upper extremity strengthening. | <ul style="list-style-type: none"> PREs to involved UE |