

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 hinged elbow orthosis 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