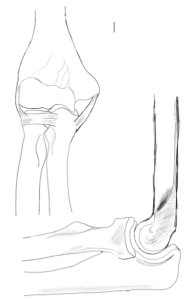


MATTHEW J. DUBIEL M.D.
Shoulder and Elbow Surgery



Distal Triceps Repair

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE 1 0-3 weeks	Active flexion to 75 passively		Gentle wrist and shoulder ROM
PHASE 2 3-6 weeks	Active flexion to 90 with active assist	Worn at all times (including exercise) - removed for hygiene	Continue with wrist and shoulder ROM, begin active flexion to 90 , NO active extension, gentle joint mobilizations
PHASE 3 6-9 weeks	Active flexion to 130 with active assist	Worn at all times (including exercise) - removed for hygiene	Continue to maintain wrist and shoulder flexibility, begin rotator cuff/deltoid isometrics, progress active flexion in brace
PHASE 4 9-12 weeks	Gently advance ROM to tolerance	None	Begin active flexion and extension against gravity, advance strengthening in phase III to resistive, maintain flexibility/ ROM
PHASE 5 12-6 months	Gradual return to full and pain free	None	Begin gentle flexion strengthening, advance activities in phase IV
PHASE 6 6 months and beyond	Full and pain free	None	Return to full activity