

## Triceps Repair

Dr. Widstrom

### ❖ Schedule OT same day as doctor (usually 10-14 days post-op)

Time Frame	Treatment	Goals
Post-Op Day:  10-14 days post-op	<ul style="list-style-type: none"> <li>• Evaluate and Treat</li> <li>• Client will be in hinged elbow brace               <ul style="list-style-type: none"> <li>○ 50 degree flexion and full extension</li> <li>○ May be removed for showers but may not flex elbow past 50 degrees</li> <li>○ Adjust brace 10 degrees this week then 20 degrees the next week, alternating back and forth for 30 degrees every 2 weeks</li> </ul> </li> <li>• Educate wear and care of brace</li> <li>• Begin ROM for forearm, wrist and hand with gentle elbow AROM within brace</li> <li>• Precautions <b>NO USE</b> of involved upper extremity (may use for writing)</li> </ul>	<ul style="list-style-type: none"> <li>• Edema management</li> <li>• HEP</li> <li>• ROM</li> <li>• Incision care</li> <li>• Brace wear and care instruction</li> </ul>
Phase I:  3 weeks post-op	<ul style="list-style-type: none"> <li>• Adjust brace 10 degrees this week then 20 degrees the next week, alternating back and forth for 30 degrees every 2 weeks</li> <li>• May use modalities as indicated               <ul style="list-style-type: none"> <li>○ May include Ketoprofen, Dexamethasone, or Potassium Iodide</li> <li>○ US not typically started until 4 weeks post-op unless order by MD</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• ROM</li> <li>• Edema management</li> <li>• Brace adjustment</li> </ul>
Phase II :  5 weeks post-op	<ul style="list-style-type: none"> <li>• May begin ultrasound over scar PRN</li> <li>• Instruct on scar management techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Update HEP</li> <li>• Scar management</li> <li>• Edema management</li> </ul>
Phase III:  6 weeks post-op	<ul style="list-style-type: none"> <li>• Return follow up with doctor               <ul style="list-style-type: none"> <li>○ Continue with therapy as ordered by doctor</li> </ul> </li> <li>• Discontinue brace</li> </ul>	<ul style="list-style-type: none"> <li>• Discontinue brace</li> </ul>