

**Dr. Stephanie Muh Protocol**

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**Distal Triceps repair**

Immobilizer	<ul style="list-style-type: none"> <li>• 1-2 weeks of immobilization 30-45 degrees flexion</li> </ul>	
Phase I: (Passive)	Weeks 1-4	<ul style="list-style-type: none"> <li>• Early exercises (weeks 2-4) Do not stress repair into extension.</li> <li>• Elbow Brace 10-90 degrees (able to come out for therapy)</li> <li>• Begin Passive ROM – Elbow flexion/extension: 10° to 120°.</li> <li>• Passive ROM supination / pronation - full</li> <li>• NO STRETCHING past patient tolerance (esp in flexion)</li> <li>• Lifting restriction ≤ 5lbs</li> </ul>
Phase II: (active/assistive)	Week 4-12	<ul style="list-style-type: none"> <li>• Slowly increase ROM to full (increase brace restrictions as motion improves)</li> <li>• Begin active flexion/extension with NO weight</li> <li>• Begin Isometrics – submax</li> <li>• Okay to discontinue Elbow brace once ROM full</li> </ul>
Phase III: (resisted)	Week 12+	<ul style="list-style-type: none"> <li>• Begin active strengthening</li> <li>• Return to vigorous labor/sports at 4 months.</li> <li>• Continue to strengthening for 1 year.</li> </ul>