



Distal Triceps Tendon Repair and Operative Olecranon Fracture Repair Protocol

<b>Applicability:</b> Physician Practices	<b>Date Effective:</b> 11/2016
<b>Department:</b> Rehabilitation Services	<b>Date Last Reviewed:</b> 11/2016
<b>Supersedes:</b> n/a	<b>Or</b> <b>Date Last Revision:</b>
<b>Administration Approval:</b> Amy Putnam, VP Physician Services	

**Purpose:** Define the protocol to be followed for all patients referred from Northwestern Orthopedics after the above procedure has been performed.

**Policy Statement:**

Treatment will follow the defined protocol below and be carried out by Physical Therapist, Athletic Trainer, Occupational Therapist and/or Physical Therapy Assistants.

**Background:** Operative repair of triceps tendon ruptures and olecranon fractures involved repair the bone and/or tendons that extend the elbow. This repair needs to be protected while it heals which takes 8-10 weeks.

**Definitions:** n/a

**Procedure:**

Outpatient Physical Therapy to 3-5 days post-op

**Post Op – 8 weeks**

*Brace:* elbow immobilizer

*Weight bearing:* Avoid weight bearing on operative arm

*Edema Control:* ice

tensogrip

Kinesiotaping as indicated

ESTIM as indicated

*Suggested Exercises:*

Passive elbow extension

PROM, AROM and AAROM elbow flexion to 90 degrees only- do not force

Hand and wrist AROM

**8-12 weeks post-op**

*Brace:* none

*Edema Control:* ice

tensogrip



Kinesiotaping as indicated

ESTIM as indicated

*Weight Bearing:* Can weight bear through operated arm

*Suggested Exercises:* Progress elbow flexion PROM/AROM 10 degrees per week- do not force  
Hand, wrist, elbow extension, shoulder AROM to tolerance  
Hand, wrist, elbow, shoulder isometrics

**12+ weeks post-op**

*Sling:* with elbow at 90 degrees

*Suggested Exercises:* Full progressive elbow and shoulder strengthening to tolerance

**Note Well:** n/a

**Monitoring Plan:** rehab chart audit

**Related Policies:** n/a

**References:** n/a

**Reviewers:** Rehab and Orthopedics

**A. Key Stakeholders:** Michael Barnum, Ortho Medical Director

**B. Committees:** n/a

**C. Key Process Owner (KPO):** Kristy Cushing, Rehab Manager. Karen Staniels Director of Ortho Rehab

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*Not part of policy:* [ADD Key words for policy search if end user didn't know the name]