



**ORLANDO HAND SURGERY ASSOCIATES
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Triceps Tendon Repair

10-14 days: The postoperative dressing is removed and sutures are removed. A light dressing and edema control are applied as needed.

Splint: A removable posterior mold splint at 90 degrees of flexion and neutral rotation is fabricated. Edema control is maintained

Motion: Initiate AROM for flexion and supination and PROM for extension and pronation x 6 weeks

6-8 weeks:

Splint: Discontinue splint

Motion: Continue as above, but may begin loading and strengthening. Gentle progressive strengthening of elbow and forearm.

10-12 weeks:

Consider work conditioning for laborers. Gradual return to full activity, sports by 14 weeks

Please call with questions or concerns at the phone number above.