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Patient Name:

Date:

Date of Surgery:

**Left Elbow Rehabilitation:
Triceps Tendon Repair**

Post-Op

- Splint @ 90 degrees for 2-3 weeks
- Start Passive Supination / Pronation immediately post-op
- Modalities PRN

2–3 weeks

- Begin Active Flexion, Passive Extension.
 - Progress by 15 degrees per week to achieve full flexion @ 6 weeks
- Limit extension to point where tension on repair noted intra-operatively
- For motion: rest arm on table, with forearm hanging over edge.
 - Can then actively extend

6 weeks

- Full flexion
- Begin Active Extension

12 weeks

- Isokinetics

6 months

- May return to vigorous labor
- Continue to strengthen for 1 year

2x/week x 6weeks

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD