



Total Elbow (Triceps off Technique) Rehabilitation and Milestones

Patient Name: _____

Date: _____

Sling – for comfort only unless specified

Specific Instructions:

1. No passive stretching.
2. Weight bearing 5kg maximum single lift, 2kg repetitive lift.

0-2 weeks

- Bandages to be taken down after 2-3 days and replace with tubigrip if inpatient or at 5-7 days if discharged.
- Early elbow rehabilitation exercises – distal triceps repair.

6-12 weeks

- Early closed kinetic chain exercises.
- Progressive kinetic chain exercises

6-12 weeks

- Early closed kinetic chain exercises.
- Progressive kinetic chain exercises

<u>Milestones:</u>	<u>Tick Box</u>
❖ Full active range of motion at 6 weeks.	<input type="checkbox"/>
❖ Driving from 6 weeks	<input type="checkbox"/>
❖ Light/sedentary work at 8 to 12 weeks	<input type="checkbox"/>

12 weeks +

- Progressive therabands.

Patient Appointment Notes

2 Weeks

6 Weeks

12 Weeks
