



Town Center

ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
Reston, Virginia 20190
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Post-operative Instructions: Distal Triceps Repair

- Start hand and shoulder ROM immediately after surgery. Remain in splint until follow up
- Follow up with me at 10-14 days postop. Remove sutures/staples and apply steristrips.
- Change to hinged elbow brace and start OT. No active elbow extension.
- Progress weekly with lock:
 - Week 3: 30-60
 - Week 4: 20-90
 - Week 5: 15-100
 - Week 6: 10-110
 - Week 7: unlocked. Start active extension exercises
- 8-12 weeks: Start light strengthening exercises (< 5 lbs. lifting). Do not combine flexion and supination.
- Return to work with limited duty at 3 months, full duty/manual labor 4 months, Contact sports > 4 months