



Michael S. Day, MD, MPhil

WellSpan Orthopedics

120 North Seventh Street, Chambersburg, PA 17201, Suite 101

Tel: (717) 263-1220; Fax: (717) 263-6255

Non- Op Triceps Protocol

- Patient will be non-weightbearing on the right upper extremity. Patient will undergo 2 weeks of splint immobilization.
- At that time, he will be transitioned to a hinged elbow brace and will be allowed full passive extension and 90 degrees of flexion.
- Flexion allowance will be advanced 10 degrees/week until full.
- Active elbow extension will be allowed at weeks 6.
- Extension strengthening will be allowed at week 12

Please Send Progress Notes