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Rehabilitation Protocol

Lateral Epicondyle Debridement and Extensor Repair

Phase 1: Early ROM and Protect Repair (0 to 2 weeks)

- Operative Splint to be removed on post-op day 2
- Universal wrist splint to be placed once operative splint removed and worn at all times other than when performing exercises
- No strengthening or repetitive exercises
- Shoulder/Elbow/Wrist/Hand active and passive ROM. Initial focus should be on regaining terminal elbow extension
- Use elevation and ice to treat elbow/forearm/hand swelling

Phase 2: Full ROM (2-6 weeks)

- Continue to wear wrist splint for ADL's
- No strengthening or repetitive exercises
- Gradually increase A/PROM exercises. Goal to have full ROM by 4-6 weeks post-op. Begin shoulder isometrics (scapula, abduction, ER, avoid IR resistance)

Phase 3: Strengthening a return to activities (> 6 weeks)

- May discontinue wrist splint and wear counterforce brace until asymptomatic with full ROM and normal strength
- Avoid pain. If exercises are causing pain, drop back to early phase until pain free
- Continue with ROM and add strengthening exercises starting with isometrics. Advance to resistance exercises and eccentric strengthening as tolerated. Use modalities as needed
- Return to full activities is typically 12 weeks after surgery