

PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

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Rehabilitation Protocol **Lateral/Medial Epicondylitis Repair**

Phase I: Early ROM & Protect Repair (*0 to 6 weeks*)

- May remove ace wrap and dressing at postoperative day 3. Keep clean and dry.
- Wrist splint is to be worn at during day and night.
- Will begin gentle passive ROM therapy at 3 weeks postoperatively.
- Initiate elbow exercise program 5 times per day:
 - Passive and active elbow ROM to full flexion
 - Gentle hand/wrist/elbow/shoulder stretching, isometric exercises.
- AVOID active wrist extension.

Phase II: Full ROM and function (*6-8 weeks*)

- Continue with wrist splint during the day.
- Increase to full motion, begin active wrist extension.
- Initiate elbow and forearm strengthening.

Phase III: Return to full function (*>8 weeks*)

- Discontinue wrist splint.
- Advance phase II activities
- Gradual return to full pain-free activity

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