

POSTOPERATIVE PROTOCOL

LATERAL EPICONDYLITIS DEBRIDEMENT / REPAIR

| <u>Postop</u> | <u>Goals</u> | <u>Precautions</u> | <u>Exercises</u> |
|--|---|---|---|
| Weeks 0-1 No formal PT | Edema and pain control | Splint and sling | Hand and wrist ROM |
| Weeks 1-4 PT 2-3x/week HEP daily | Edema and pain control Protect surgical repair Full ROM by week 4 | DC splint DC sling at 2 weeks No active wrist extension No lifting >1lb No concentric/eccentric exercises | Emphasize restoration ROM Progressive AA/PROM elbow/wrist/hand Initiate shoulder program Gentle submaximal isometrics at 2 weeks |
| Weeks 4-8 PT 2-3x/week HEP daily | Full ROM Improve strength | No lifting >5lbs Counterforce brace No active wrist extension until 6 weeks | Continue above Advance ROM (end-range over pressure) Advance isometrics Light concentric/eccentric at 6 weeks |
| Weeks 8-12 PT 1-2x/week HEP daily | Improve strength | Avoid too much too soon Counterforce brace prn | Continue above Advance strengthening Begin task-specific functional training |
| Weeks 12+ PT 1-2x/week HEP daily | Return to activity | Avoid too much too soon Return to sport (MD directed) | Continue above Advance strengthening and endurance Sport specific exercises |