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Lateral epicondyle open debridement and repair rehab protocol

Phase I: Early ROM & Protect Repair (0 to 2 weeks)

- 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 II: Full ROM (2-6 weeks)

- Continue to wear wrist splint for ADLs
- 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 III: 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

