

LATERAL EPICONDYLITIS SURGICAL TREATMENT

REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
PHASE I 0-2 weeks	PROM advanced to active as tolerated at wrist, elbow, and shoulder	0-2 weeks: Worn for comfort only, discontinue when comfortable	Gentle elbow/hand/wrist ROM and stretching, isometric hand/wrist/elbow/shoulder strengthening No wrist extension, supination or pronation against resistance
PHASE II 2-6 weeks	Increase to full as tolerated	None	Progress ROM, scar massage and desensitization, light grip strength
PHASE III 6-8 weeks	Full, pain free ROM	None	Begin wrist extension, supination, and pronation against resistance Began band strengthening, progress to dumbbells as tolerated
PHASE IV 8-12 weeks	Progress to full without discomfort	None	Advance strength training as tolerated Begin eccentrically resisted motions and closed chain activities Advance to sport and full activity as tolerated after 12 weeks

****Patient protocols may vary. Please follow patient-specific script if modified**