

# LATERAL EPICONDYLITIS POST-OPERATIVE REHABILITATION PROTOCOL

|                                   | <b>RANGE OF MOTION</b>   | <b>IMMOBILIZER</b>                      | <b>THERAPEUTIC EXERCISE*</b>   |
|-----------------------------------|--|---|--|
| <b>PHASE I<br/>0-6 weeks</b>      | Passive ROM as tolerated                                       | Worn for first 7-10 days post-operative | Gentle hand/wrist/elbow/shoulder stretching, isometric hand/wrist/elbow/shoulder strengthening - avoid wrist extension           |
| <b>PHASE II<br/>6 - 8 weeks</b>   | Increase range of motion to full, begin active wrist extension | None                                    | Advance strengthening exercises in phase I to resistive, maintain flexibility/ROM, begin gentle active wrist extension exercises |
| <b>PHASE III<br/>8 - 10 weeks</b> | Full and pain-free   | None                                    | Advance phase II activities, gradual progression toward return to full activity  |

\*NO active wrist extension for 6 weeks post-operative

