

POST-OP REHABILITATION GUIDELINES: LATERAL/MEDIAL EPICONDYLE DEBRIDEMENT/ REPAIR

Phase 1: Days 10-14

- Remove splint if placed at time of surgery
- Control edema and inflammation: Apply ice for 20 minutes two to three times a day.
- Gentle hand, wrist, and elbow range of motion (ROM) exercises. Exercises should be done in a pain-free ROM.
- Active shoulder ROM
- Periscapular exercises
- Minimize the frequency of any activities of daily living (ADLs) that stress the extensor/flexor tendon mechanism such as lifting, and combined joint movements (i.e. full elbow extension with wrist flexion). When lifting and/or performing activities with the surgical upper extremity it is advise to have the patient perform such tasks with their palm up to minimize work load f extensor tendons. Education on work / activity modification.
- Velcro wrist brace worn for all activities

Phase 2: Weeks 3-5

- Begin passive range of motion (PROM). Passive motion should be continued and combined with active-assisted motion within end-range of patient's pain tolerance
- Gentle strengthening exercises with active motion and sub maximal isometrics.
- Edema and inflammation control: Continue to ice application 20 minutes two to three times a day.
- Continue work / activity modification education.

Phase 3: Weeks 6-8

- Advanced strengthening as tolerated to include weights or theraband. Focus should be on endurance training of wrist extensors (i.e. light weights, higher repetitions per set).
- ROM with continued emphasis on restoring full A/PROM.
- Edema and inflammation control with ice application for 20 minutes after activity.
- Modified activities in preparation for beginning functional training.
- Gentle massage along and against fiber orientation.
- Counterforce bracing to common extensor/flexor tendon of forearm. (Including education on proper use to avoid nerve compression.)

Phase 4: Weeks 9-14

- Continue counterforce bracing if needed for patient to completed ADLs and/or strengthening activity pain-free.
- Begin task-specific functional training.
- Return to higher-level work / recreational activities