

Arthroscopic Lateral Epicondyle Release/Debridement Rehabilitation Program

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Diagnosis: Right / Left Lateral Epicondylitis _____

Date of Surgery: _____

Weeks 0-6 (Phase I):

- >> Begin ROM of elbow, forearm, wrist, hand.
- >> Specifically stretch the wrist extensor muscles with the elbow extended, the forearm pronated and the wrist and fingers flexed. Stretch at least 5 times per day with 5 repetitions; hold each stretch for 10 seconds.

Weeks 6-12 (Phase II):

- >> Continue ROM and stretching
- >> Begin isometric strengthening of wrist extensor muscles. Progress gradually to increasing resistance. Caution should be exercised to avoid overuse.