

LATERAL/MEDIAL EPICONDYLITIS REPAIR

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____ Days 0-7:

- Sling/splint for comfort
- Utilize Velcro wrist immobilizer
- PROM→AAROM→AROM hand and shoulder/periscapular as tolerated (no elbow/wrist yet)

____ Weeks 2-4:

- Discontinue sling and begin elbow/wrist passive PROM of elbow initially
- Elbow PROM continued and combined with AAROM within end-range of patient's pain tolerance
- Use Velcro wrist immobilizer when not performing wrist PROM exercises

____ Weeks 4-8:

- Discontinue Velcro wrist immobilizer
- Progress to AAROM→AROM wrist/elbow
- ROM with continued emphasis on restoring full A/PROM of wrist/elbow

____ Weeks 8-10:

- Gentle elbow/wrist resistance exercises with active motion and sub-maximal isometrics
- Counterforce bracing to common extensor tendon of forearm (if needed)

____ Weeks 10-12+:

- Advanced strengthening (weights/Theraband)
- Continue counterforce bracing if needed for patient to complete ADLs and/or strengthening activity pain-free
- Begin task-specific functional training
- Return to higher-level work / recreational activities

Signature _____

Date: _____