

LATERAL/MEDIAL EPICONDYLITIS DEBRIDEMENT

Name: _____

Diagnosis: _____

Date of Surgery: _____

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

____ Days 0-7:

- Sling for comfort
- PROM→AAROM→AROM hand and shoulder/periscapular as tolerated
- PROM only for elbow and wrist

____ Weeks 2-4:

- Discontinue sling
- PROM elbow/wrist combined with AAROM within end-range of patient's pain tolerance
 - Progress to AROM elbow/wrist as tolerated
- Progress to gentle elbow/wrist strengthening exercises and sub-maximal isometrics

____ Weeks 4-6:

- Advanced strengthening (weights/Theraband)
- ROM with continued emphasis on restoring full A/PROM
- Counterforce bracing to common extensor tendon of forearm (if needed)

____ Weeks 6-8+:

- 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: _____