**LATERAL EPICONDYLITIS POST-OPERATIVE**

**REHABILITATION PROTOCOL**

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|  | **RANGE OF MOTION**  | **IMMOBILIZER**  | **THERAPEUTIC EXERCISE\***  |
| **PHASE I 0-6 weeks** | 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  |
| **PHASE II**  | Increase range of motion to full,  | None  | Advance strengthening exercises in  |
| **6 - 8 weeks**  | begin active wrist extension  |  | phase I to resistive, maintain flexibility/ ROM, begin gentle active wrist extension exercises  |
| **PHASE III**  | Full and pain-free  | None  | Advance phase II activities, gradual  |
| **8 - 10 weeks**  |  |  | progression toward return to full activity  |

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