**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