

## **REHABILITATION AFTER LATERAL EPICONDYLE DEBRIDEMENT/REPAIR**

### **Phase 1 (0-2 weeks)**

- Cock up wrist splint immobilization for first 7-10 days
- Gentle hand/wrist/elbow/shoulder stretching, isometric hand/wrist/elbow/shoulder strengthening
- Avoid active wrist extension, PROM and AAROM only to tolerance
- Sling for comfort only
- Compression sleeve/counterforce brace once splint removed - try to discontinue by week 10 for ADLs and/or strengthening activity once pain free

### **Phase 2 (2-6 weeks)**

- AROM elbow flexion/extension, pronosupination, wrist flexion
- Gentle AROM wrist extension with elbow flexed to 90 degrees
- Scar massage/desensitization
- Light gripping (when pain free)
- Wrist flexion with dumbbell, biceps/triceps with wrist cuff weights
- Do not over exert elbow and forearm during early healing phase

### **Phase 3 (6-8 weeks)**

- Increase ROM to full, begin active wrist extension
- Advance strengthening exercises in phase 2 to resistive, maintain flexibility/ROM, begin gentle active wrist extension exercises
- High rep, low weight exercises

### **Phase 4 (8-12 weeks)**

- full and pain free ROM, gradual progression toward return to full activity