

## REHABILITATION FOLLOWING MEDIAL EPICONDYLE DEBRIDEMENT

- **IMMEDIATE POST OPERATIVE PHASE (0-3 weeks)**
  - Goals:
    - Protect healing tissue
    - Retard muscular atrophy
  
- **Post-Operative Week 1**
  - Posterior splint at 90 degrees elbow flexion for 14 days
  - Range of Motion- Wrist PROM extension/flexion
    - avoid stretching into wrist extension 4-6 weeks
  - Elbow compression dressing 3-5 days
    - Exercises:
      - Gripping (light)
      - Wrist PROM
      - Shoulder Isometrics (No shoulder ER)
      - Cryotherapy
  
- **Post-Operative Week 2**
  - Brace: continue posterior splint at 90 degrees
  - Exercises:
    - Continue all exercises listed above
    - Elbow passive
    - Initiate elbow extension isometrics
    - Biceps isometrics
    - Wrist ROM
  
- **Post-operative Week 3**
  - D/C posterior splint
  - elbow active assisted ROM
  - light wrist flexor/extensor stretch
  
- **INTERMEDIATE PHASE (Week 4-10)**
  - Goals:
    - Graduate increase to full ROM
    - Promote healing of repaired muscle tissue
    - Regain and improve muscular strength
  
- **Week 4-6**
  - Brace: Elbow ROM 10-120 degrees
  - Exercises:
    - Continue with all exercises above
    - Elbow PROM, AAROM
    - Initiate active ROM wrist and elbow (no resistance)

- Begin light resistance exercises for arm (1 lb.)
  - Wrist curls, extensions, pronation, supination
  - Elbow extension/flexion
  - Progress shoulder program emphasize rotator cuff strengthening
  - External/ Internal rotation tubing
  - Sidelying external rotation
  - Initiate gentle wrist stretching to end range
  - Scar mobilization
- **Week 7**
    - AROM: 0-145 degrees without brace or full ROM
    - Exercises:
      - Progress elbow strengthening exercises
      - Progress shoulder program to Thrower's Ten
- **Week 8-10**
    - Progress light isotonic program for wrist musculature
- **ADVANCED STRENGTHENING PHASE (Week 10-16)**
    - Goals:
      - Increase strength, power, endurance
      - Maintain full elbow ROM
- **Week 10**
    - Exercises:
      - Initiate eccentric elbow flexion/extension
      - Continue isotonic program: forearm and wrist
      - Continue shoulder program –Thrower Ten Program
      - Manual resistance diagonal patterns
      - Continue stretching program, especially elbow extension
- **Week 13**
    - Exercises:
      - Continue all exercises listed above
      - Initiate plyometrics (2 hands drill)
      - Initiate one hand throws at 15 weeks

- **RETURN TO ACTIVITY PHASE (Week 16-32)**
  - Goals:
    - Continue to increase strength, power, and endurance of upper extremity musculature
    - Gradual return to sport activities
  
- **Week 16**
  - Exercises:
    - Continue strengthening program
    - Emphasis on elbow and wrist strengthening and flexibility exercises
    - Maintain full elbow ROM
    - Initiate sport specific training
  
- **Week 16**
  - Exercises:
    - Initiate interval sport program (Phase I)
    - Continue all exercises
    - Stretch before and after throwing
  
- **Week 22-24**
  - Exercises:
    - Progress to Phase II sports (throwing) once completed Phase I
    - Continue all exercises
    - Stretch before and after throwing
  
- **Week 30**
  - Exercises:
    - Progress to competitive sports throwing