

REHABILITATION FOLLOWING MEDIAL EPICONDYLE DEBRIDEMENT

IMMEDIATE POST OPERATIVE PHASE (0-3 weeks)

- Goals:
 - Protect healing tissue
 - Retard muscular atrophy
- 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
- 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
- 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