

## **Lateral Epicondylitis Surgery Rehab**

### **Dr. Nielsen**

#### **0-2 weeks**

- Post-op splint with elbow at 90
- Sutures out 2 weeks

#### **2-6 weeks**

- Splint: wrist in 25-30 degrees extension
  - Full time wear except exercises
- Begin superficial scar massage/desensitization 3 days after suture removal
- ROM:
  - Active and self-passive ROM of elbow and forearm rotation
  - Active wrist ROM, starting with elbow in flexion and progressing into elbow extension as tolerated
- No strengthening

#### **6-12 weeks**

- Splint: wrist static at 25-30 degrees extension
  - Wear for any activities over 5lbs until strengthening complete
- ROM: active and passive ROM aggressive if lacking any motion at wrist or elbow
- Strengthening: start with gentle eccentric wrist strengthening when ROM is painless and progress as tolerated to full strengthening

#### **12 weeks**

- Splint: discontinue, should already be weaned out
- Full strengthening encouraged

#### **16 weeks**

- No restrictions
- Work hardening if necessary