

## **Medial 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 neutral extension
  - Full time wear
- Begin superficial scar massage and desensitization 3 days after suture removal
- ROM
  - Active and self-active assisted ROM of elbow, forearm, wrist
  - Start forearm/wrist ROM with elbow in flexion and progress to extension
- No strengthening

#### 6-12 weeks

- Splint: wrist static in neutral extension
  - Wear for any activities over 5lbs until strengthening complete
- Therapy 2-3x per week
- ROM
  - Active, self-passive, and passive ROM aggressive if lacking any motion
- 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