



## Post-Operative Rehabilitation Lateral Epicondylitis

### Phase I: Weeks 0-6

- Immobilizer:
  - 7-10 post operatively, then can discontinue
  - Wrist splint for 6 weeks
- ROM:
  - Gentle passive ROM as tolerated of wrist and elbow.
- Exercises
  - Gentle active hand/wrist/elbow/shoulder ROM
  - **AVOID** wrist extension (*\*NO active/resistive wrist extension for 6 weeks post-operative*)

### Phase II: Weeks 6-8

- ROM
  - Progress to full ROM.
  - May begin active wrist extension
- Exercises:
  - Advance Phase I to resistive exercises
  - Maintain flexibility/ROM
  - Begin gentle active wrist extension exercises

### Phase III: Weeks 8-10

- ROM: Full and pain free
- Exercise
  - Advance Phase II
  - Gradual progression back to full activity