

Physical Therapy Prescription for:

label

Lateral Epicondylitis Debridement & Repair Physical Therapy Protocol

Immediate Post-Op (0-2 weeks) – PROTECTION PHASE:

- Goals: protect healing tissue, decrease pain/inflammation, retard muscle atrophy, avoid strengthening flexors/extensors of wrist
- No elbow ROM – splint at 70-90°
- Active assisted ROM fingers/wrist

Weeks 3 to 6 – INTERMEDIATE PHASE:

- Goals: increase elbow range of motion
- Wrist splint to avoid active wrist extension.
- Gentle PROM elbow 0-140°
- Initiate light wrist flexion stretching
- Initiate active ROM shoulder (emphasize rotator cuff & periscapular)
 - ER/IR tubing
 - Light scapular strengthening
 - Lateral raises
- May incorporate stationary bike for lower extremity with no hand gripping

Weeks 7 to 8 – EARLY STRENGTHENING PHASE:

- Goals: increase strength, power, and endurance. Maintain full elbow ROM
- D/C wrist splint
- Progress all shoulder and UE exercises
- Progress elbow strengthening exercises
- Initiate shoulder external rotation strengthening

Week 10+ – ADVANCED STRENGTHENING PHASE:

- Goals: increase strength, sport specific training, return to play
 - Initiate eccentric elbow flexion/extension
 - Continue isotonic program: forearm/wrist
 - Continue shoulder program
 - Initiate 2-hand plyometric drills, advance to 1-hand plyo drills as able (~2 weeks)
 - Emphasis on elbow and wrist strengthening and flexibility exercises
 - Return to full activities ~ 4 months
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Date