

# Lateral Epicondylitis Debridement & Repair

## Physical Therapy Protocol

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-1</b> No formal PT	Edema and pain control	Splint and sling	Hand ROM
<b>Weeks 1-4</b> PT 1-2x/week HEP daily	Edema and pain control Protect surgical repair Full ROM by week 4	Cockup wrist splint DC sling at 2 weeks No active wrist extension No lifting >1lb No concentric/eccentric exercises	Emphasize restoration ROM Progressive AA/PROM elbow/wrist/hand Initiate shoulder program Gentle submaximal isometrics at 2 weeks
<b>Weeks 4-8</b> PT 1-2x/week HEP daily	Full ROM Improve strength	No lifting >5lbs Counterforce brace	Advance ROM (end-range over pressure) Advance isometrics Light concentric/eccentric at 6 weeks
<b>Weeks 8-12</b> PT 1-2x/week HEP daily	Improve strength	Avoid too much too soon Counterforce brace prn	Continue above Advance strengthening Begin task-specific functional training
<b>Weeks 12+</b> PT 1-2x/week HEP daily	Return to activity	Avoid too much too soon Return to sport (MD directed)	Continue above Advance strengthening and endurance Sport specific exercises