

Elbow Lateral Epicondyle Debridement Protocol

Phase 1	Surgery to 4 weeks post-op
Appointments	<ul style="list-style-type: none"> • 1-2 times a week with modalities as appropriate
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • 3 to 5 days postop removal of bulky dressing and initial eval to assess pain, edema, range of motion and grip strength • Issue wrist splint for use at night and PRN for daytime activities • Heelbo PRN for comfort • Initiate gentle active/passive range of motion for elbow and wrist • Edema management <ul style="list-style-type: none"> ○ Ice and compression sleeves as appropriate • Review activity modification with lifting and pulling in a supinated position • Modalities as appropriate • 10 to 12 days post op removal of sutures and education scar massage. Issue silicone gel patch as appropriate for scar remodeling • Eccentrics with 1-2lb weight for wrist extension

Phase 2	4 weeks+ post-op
Suggested Therapeutic Exercise/Treatment	<ul style="list-style-type: none"> • Initiate gentle concentric strengthening advancing as tolerated • Wrist splint and Heelbo may be discharged at this time to PRN • Education in progressive extensor stretching and eccentric strengthening as appropriate • Continued education for activity modification • Modalities as appropriate • Progressive strengthening for shoulder and shoulder girdle