

## Elbow Lateral Epicondyle Debridement Protocol

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

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