



Lateral Epicondylitis Post-Operative Protocol

| | RANGE OF MOTION | IMMOBILIZER | THERAPEUTIC EXERCISES |
|--------------------------------|--|--------------------|---|
| PHASE I 0-6 weeks | Passive ROM as tolerated | None ACE wrap | Gentle hand/wrist/elbow/shoulder stretching, isometric hand/wrist/elbow shoulder strengthening-avoid wrist extension |
| PHASE II 6-8 weeks | Increase range of motion to full, begin active wrist extension | None | Advanced strengthening exercises in phase I to resistive, maintain flexibility/ROM, begin gentle active wrist extension exercises |
| PHASE III 8-10 weeks | Full and pain-free | None | Advance phase II activities, gradual progression toward return to full activity |

* NO active wrist extension for 6 weeks post-operative