

# LATERAL EPICONDYLITIS POST-OPERATIVE REHABILITATION PROTOCOL

	<b>RANGE OF MOTION</b>	<b>IMMOBILIZER</b>	<b>THERAPEUTIC EXERCISE*</b>
<b>PHASE I 0-6 weeks</b>	Passive ROM as tolerated	Worn for first 7-10 days post-operative	Gentle hand/wrist/elbow/shoulder stretching, isometric hand/wrist/elbow/shoulder strengthening - avoid wrist extension
<b>PHASE II 6 - 8 weeks</b>	Increase range of motion to full, begin active wrist extension	None	Advance strengthening exercises in phase I to resistive, maintain flexibility/ROM, begin gentle active wrist extension exercises
<b>PHASE III 8 - 10 weeks</b>	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